Contextual Hypnotherapy

RICHARD NONGARD'S BIG BOOK OF HYPNOSIS SCRIPTS

How to Create Lasting Change Using Contextual Hypnotherapy, Mindfulness Meditation and Hypnotic Phenomena

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Author of *Magic Words in Hypnosis: The Sourcebook of Hypnosis Patter & Scripts*

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DR. RICHARD K. NONGARD

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By Dr. Richard K. Nongard

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ALL HYPNOTHERAPISTS ARE NOT CREATED EQUAL

When you learn with Richard K. Nongard,
you are learning with one of the top hypnotherapists in the country.

Richard K. Nongard is an innovative leader in the fields of psychotherapy and hypnosis. Since beginning his career in the late 1980s, he has trained literally thousands of professionals, including psychologists, medical doctors, ministers, social workers, family therapists, hypnotherapists and professional counselors in ways to do a better job serving their clients.

Nongard has authored many hypnosis and psychotherapy textbooks, videos and professional educational materials, and is the creator of the SuccessFit® Weight Loss Trance-Formation program, and the QuitSuccess® Tobacco Cessation Treatment Program, used by hospitals and healthcare groups across the country.

He holds advanced degrees in both counseling and religion, and has trained in the USA, Canada and Europe. He is a former Disciples of Christ minister, and has worked as a substance abuse counselor, a marriage and family therapist, and as a consultant to dozens of criminal justice departments. He is also the President of the International Certification Board of Clinical Hypnotherapy.

ABOUT THE ICBCH

The International Certification Board of Clinical Hypnotherapy is a worldwide organization with thousands of members that include professional hypnotists, psychotherapists, social workers and counselors. We offer hypnosis training and education through live hypnosis seminars, online classes and home study courses on subjects related to hypnosis, NLP (Neuro-linguistic Programming), medical meditation and professional life coaching.

Each year the ICBCH holds an annual convention and also accredits schools and organizations that provide hypnosis training. You can become a certified hypnotherapist through the ICBCH by visiting: www.HypnotherapyBoard.org**.**

Our internet forum can be found at: www.ICBCHForum.com
You are invited to connect with us on Facebook by visiting:
www.ICBCHGroup.com

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FOREWORD

I took my first course in hypnosis about 5 years ago. When it was over I was still uncertain if hypnosis was something that I was going to be able to do professionally and was doubtful about my competency. Fortunately, a week after I finished the course, I met Richard Nongard at a weekend training he was conducting. I learned more from Richard in those 2 days about successful hypnosis than I had in the two week course I had just finished.

It's impossible to spend any amount of time with Richard and not come away with fresh ideas and new understandings about hypnosis. He is an eternal student, spending large amounts of time researching empirical studies on the efficacy of hypnosis and other modalities. Few hypnotists have a similar level of experience both with seeing clients and teaching hypnosis and his personal experience shines brightly in this book.

Now, Richard has pioneered the field of Contextual Hypnosis which is sure to change the landscape of hypnosis for all future generations of hypnotists. Combining direct and indirect suggestion with the principle of mindfulness meditation and Acceptance and Commitment Therapy, Richard has created a model for hypnosis that is based on the latest research. In short, it works and there is a mountain of research in the academic field to prove that it works.

There are a lot of script books available so you may be wondering why this one is different. The first reason I can offer up is that no other script book is based on Contextual Hypnosis. You will find within this script book several things that you won't find in others. The use of meditations, ego-strengthening exercises and multi-session scripts are tools that you just won't find any place else and those additions will contribute to the effectiveness of any hypnosis practice.

He has also included the pre-talk for many of the scripts. Many hypnotists are unaware that the therapeutic aspects of the session begin with the Pre-Talk and sometimes the success of the session is found in the quality of the Pre-Talk. The importance of the Pre-Talk cannot be underestimated and Richard has included many of them to maximize your chances of success.

Even now, having been a practicing hypnotist for many years I am still learning from Richard. The simple act of reviewing this book has enriched my own knowledge in the field of hypnosis and left me with new ideas and understandings. As a hypnotist, this book may not be the only tool you have in your toolbox but it might be the best one.

David Parke

INTRODUCTION

There are many hypnotherapy script books on the market, so why another one? The reason is simple; almost all script books rely solely on metaphor, stories, and indirect suggestion. Although I use these techniques in my practice, direct suggestion and instructional scripts are much harder to find. As a result, this book contains scripts that not only contain indirect suggestions in the Ericksonian tradition, but also highly effective direct suggestions. I have included suggestions that teach the client skills, as well.

More importantly, this script book departs from the tradition in hypnotherapy of reprocessing and "coming to terms" with the past. Over the past 20 years, psychological research has focused on the methods of Contextual Psychology, a new approach to problem-solving that does not dwell on the past, but rather helps a client realize their greatest potential in the current moment. This new approach, that integrates Contextual Psychology with the practice of hypnosis, is called Contextual Hypnotherapy. The scripts in this book draw heavily from these forward-thinking ideas.

A lot of hypnotists seem to disdain the idea of using a script, even going so far as to call it "scriptnosis". My suspicion is that those who are critical of using scripts either have the memory of an elephant or do not actually practice hypnosis. The reason for my suspicion is simple; a busy hypnotist who addresses a wide variety of client concerns cannot possibly remember everything they need to in order to conduct quality sessions. I imagine there are those who try to ad lib each session. However, I can guarantee these hypnotists will later recall things they should have included in the session, but failed to remember. Then there are those who have been doing hypnosis for such a long time and are so familiar with the suggestions that they do not use a written script. But in reality, even though they are not holding a piece a paper, they are still using a script. It is just a script they have committed to memory.

I have done hundreds of sessions for smoking cessation. By the time I get to the seventh or eighth client of the day, having a printed script keeps me focused and acts and a guide. It can even help me to introduce and test new suggestions.

How to use a script

I do not think the debate should be "to use or not use a script". The debate should center on how to use a script effectively. First, it should be a guide that you are prepared to depart from, depending on individual needs. Second, a script should never simply be read to a client. Rather, it should be something we have rehearsed, many times. By familiarizing yourself with scripts and by practicing reading them aloud, one can easily depart from a written script and adjust it to the individual. At the same time, studying a script allows the hypnotist to sound confident and natural, rather than sounding like someone who is simply reading.

The first script I am going to include in this resource book is for introducing written scripts. A lot of hypnotists worry (I find it ironic how much hypnotists actually worry), "*What if they know I am reading from a book or my notes?*" The answer is simple. Tell your clients you are going to read from your notes or from a book. Make it a part of the hypnotic session. Here is what I say to clients to prepare them for these readings, usually after the induction and deepener:

As you relax, you may hear me reading from a book or even from my notes.

The reason is simple. I want to make sure that I cover everything that is important to you. So, at times I may read a passage from a book, a story, or even read from my notes.

This will help me to make certain that I cover everything you came here for. By hearing these readings, you can be assured that this session of hypnosis will be complete.

Perhaps the most valuable aspect of this book is not in having pre-written scripts to read to clients, but in understanding and getting ideas from another professional. Unlike many teachers of hypnosis who seem to have simply taken a "train-the-trainer" course, I actually see clients. These scripts are from my experiences and are all scripts I have personally used. You can and should begin writing your own scripts, but borrowing the ideas of others who do effective work is something that will help you in this endeavor. I teach so that people can use my materials. I want you to learn from what has been successful for me and I consider it a compliment if you borrow my ideas. It is an even greater compliment if you take my ideas as a starting point and improve them, making them your own.

There is a difference between a script and patter. This book contains both scripts and patter. Scripts are those complete, start-to-finish ideas, which in many cases are actual transcripts of full sessions that I have done. Patter are the short excerpts that you can integrate into any hypnosis session. Many of these are instructional in nature and teach skills to clients, such as the scripts in this

book on mindfulness meditation. Patter is often overlooked as an area of study in hypnosis. In fact, my last book was devoted specifically to helping hypnotists develop strong patter to deal with any difficulty that might arise. That book, Magic Words in Hypnosis, is available on Amazon, at my website, and from a variety of other sources.

I am sharing this material so that you can become excellent as a hypnotist. This will help you feel a sense of fulfillment and satisfaction and provide your clients with the tools for success that are based in approaches consistent with Contextual Hypnotherapy.

Richard Nongard

Note: Scripts in this book can and should be adapted by you to meet your individual needs. Some scripts contain every element from pre-talk, induction through awakening, and others simply note where the pre-talk, induction, etc. may be added. Where no script is provided, it is not an oversight. Hypnosis is a very flexible art, and you can add your favorite strategy from other parts of this book or from your own toolbox of hypnotic techniques.

PAIN CONTROL PROCESS

Go ahead and close your eyes. Bring yourself to the point where you learn best. This state of relaxation, coupled with intuitive awareness, allows you to enter the resource state that many of us identify as the hypnotic state. You can scan your body and choose to relax any muscles that may be carrying tension.

You can even unclench your jaw and let your chin drop to your chest. This will relax you even further. As you focus on your breathing, you can either speed it up or slow it down. With each breath, you can let yourself enter a deep state of relaxation. Pay attention to the part of your body that has been causing you so much distress. Maybe it is your arm, your knee, or your foot. Bring all of your awareness to the spot that has been distressing to you.

I always talk to my clients when they are in a state of hypnosis. I ask them, on a scale of one to ten, the level of discomfort that they are experiencing. After I get a number from them, we have a starting point. It may be a four, a five, a seven, or even a ten. Go ahead and focus on your breath again, removing your attention from the part of your body that has been so distressing. You can do that by bringing your attention back to your breath, breathing in and breathing out. Feel the air enter your nostrils and the back of your throat, moving into your lungs. Rarely do we pay attention to a breath, but breath is an amazing thing to pay attention to. Notice the point that an inhale turns into an exhale and then focus on the whole process again.

Think of an old-fashioned car radio, unlike the digital radios that we have now. Old-fashioned radios had a knob on the left and the right. Imagine that the knob on the left controls the volume of the discomfort. It is the voice of that discomfort. Just imagine reaching forward and grabbing the knob. (You can even have your client physically reach their hand forward to grab the knob.)

Begin to turn the knob to the left, hearing the voice of discomfort become quieter and quieter. Move the knob down again by one number. Now, move that dial to an even lower number. Are you able to experience turning down the volume? Great! Now, continue to turn it down to an even lower volume. If you would like to, turn it all the way down to zero.

Now, turn the knob on the right. Imagine that the knob on the right is that of a different voice. It is the voice of comfort. We often spend so much of our time focusing on our pain that we fail to notice comfort. Even though a part of your body might be experiencing pain, there is also a part of your body that is comfortable.

It might only be a small part of your body. Perhaps your brow feels relaxed.

Or, maybe after focusing on your shoulders with the intention of relaxing, they are now feeling comfortable. It could be your hands, feeling warm and heavy as they rest in your lap. Simply pay attention to that part of your body that feels comfortable. Imagine turning up the knob on the right. Pay attention to it so you can hear it at a level one and then a level two. You can actually turn the voice of comfort up, listening to what comfort feels like. Turn it up to a three, a four, or a five. In fact, you can even turn it up to a seven. Pay attention to that feeling of comfort in the part of your body that is comfortable. Notice that you can choose to listen to that voice of comfort when you were listening to the voice of discomfort, just a moment ago.

This process is not something that I have done to you. It is not an experience that I have created. It is a process that you have created and now you have had the valuable experience of being able to turn down the voice of discomfort and increase the volume of comfort.

We know, of course, that anything that can be thought of can become a reality. Everything that exists first comes from our own thoughts. When you leave today, you will find it easier and easier in the coming days to turn the knob down on any discomfort you might experience. Anytime you find yourself listening to your discomfort at a level you do not care for, simply imagine turning that knob to the left.

You are decreasing the volume of discomfort and you can turn it all the way off if you want. You can also make the decision to turn the volume of comfort up by listening to that part of your body, mind, and spirit where you can hear the voice of comfort. You can increase the volume of comfort and choose to listen to it anytime you would like to. You can do it anywhere and at any place during the day. You can be in the car, at work, or at home. It can be with or without a formal process of hypnosis. Simply turn down the knob on the left and turn up the knob on the right.

Now that we have practiced this process in our minds, it is time to reorient to the room. Pay attention to the floor below you, your hands in your lap, and the sound of my voice. Let yourself become more awake, more alert, and ready to experience the rest of the learning process. You can feel absolutely fantastic, knowing that you have learned something new. One, two, three. Open your eyes and return back to the room.

Overcoming Pain and Increasing Physical Comfort

Pre-talk

Hypnosis is an effective tool for managing pain. The reason is simple; it changes your awareness and teaches a person how to overcome the pain by increasing the level of comfort they feel. This hypnosis session is not a substitute for medical intervention. Pain is a resource of the body that should be listened to, as it can alert us to medical needs that require attention. But for those already under the care of a physician or those enduring chronic pain, learning the skills of hypnosis is an excellent way to see pain from a new perspective. By using hypnosis, you can remove the hurt from the pain and create an awareness that can help you to become more mindful of life outside of pain.

Hypnosis is a natural process. Each person enters hypnosis daily, as we cycle from high levels of alertness, to the slower periods of the day, and then into deep sleep. Hypnosis is a form of relaxation coupled with focused concentration. It is a time to use the creative and intuitive parts of the mind to help the body experience something new. It can help us to recover from illness, accident, or trauma by using the natural resources within us. All hypnosis is really self-hypnosis and there is not a right way or a wrong way for you to experience this learning process.

You don’t even have to try to be hypnotized; after all you already know how to experience hypnosis if you can breathe and rest. In a state of naturally induced relaxation, the mind and body can work together to heal, mend, overcome, learn, create, and experience something wonderful. If you are ready to experience a wonderful new learning experience, relax and get comfortable.

In this session, I am going to teach you methods of taking physical control over your body. These methods can be used at any time and they have tremendous applications for managing many aspects of your life. You do not have to try to experience anything. You can let go and just enjoy this session in any way that you want to. Pain may be the awareness that caused you to seek out this hypnosis session, but after this brief introduction I will not use the word pain again.

You already know how to experience pain and you have been easily aware of your pain. In fact, you may have even been told by doctors or others that you would feel pain. As a result, you have been consciously expecting and even anticipating pain. You have no difficulty being aware of pain and so there is no need for me to focus on pain or even use the word pain during our session time together. The skills in this program will not focus on pain, but rather on teaching mindfulness. You will learn that pain can coexist with comfort, that hurt can be reduced, and that it is the awareness of comfort that is important.

So often we have been asked, “What is your pain level?” This question only serves to increase our awareness of pain. Rarely does anyone ask, “What is your comfort level today?” That is the question that I am going to focus on, because increasing comfort is the easiest way for the mind and body to work together to end pain.

You can focus on anything you want to and this session will teach you how to develop your skills of creating awareness of things you may have never been aware of before. Awareness is an amazing skill that is a function of the intuitive and creative part of the mind. As you relax, you may become aware of many things and this is good.

Induction

Awareness induction or eye fixation is recommended.

Deepener

Suggestive Script

You have learned a lot about awareness up to this point, and it is in this state of relaxation that you may choose your level of awareness. You can focus on each word, relaxing and yet aware of your awareness, or you can drift into a deeper state of relaxation. Perhaps your conscious mind won’t even pay attention to the specific words I use, but rather, simply absorb the experience through the lens of the subconscious mind. Either way is fine; this is your learning experience and you can experience it any way that is meaningful to you. Perfect. And as you were able to easily use the creative part of the mind to shift your awareness, you can see how this skill has transformational power. This is because no matter how difficult experiences may seem, a person who is still alive has more right with them than wrong with them, even in periods of illness or discomfort.

Up until this point, any treatments you have been receiving have served to draw your awareness to what is wrong. However, it is now time to shift your awareness to what is right within you. Even though it may have been a long time since you focused on what is well inside of you, you can now begin feeling a sense of that wellness. Just like that moment when you moved your awareness inside of the mind and became more aware of the part of the mind that creates awareness, you can become aware of wellness inside of you, no matter how small that wellness feels.

For some, it may feel like energy within. For others, it may be a visualization of wellness inside of you or just a comprehension of the concepts in this session. Either way is fine. For each person, this experience will be a little bit different. As you focus on the wellness inside, you can continue to learn and experience awareness. Focus on experiencing that within you that is well, the

cells that are healthy and the ease with which your blood can move throughout your body. It brings nutrients and the essence of life even to those parts of the body that others have labeled as sick.

It is remarkable how this new awareness is healing, in itself. It is something you can sense even if you have never felt this before, or even if it has been a long time since you were attentive to the wellness within you. As you relax deeper, allow yourself to let go of the negative projections or predictions of others. Just focus on this awareness of what is well within you and go deeper into your self, creating visual images with the mind that bring a sense of serenity and peace.

It is a wonderful experience, isn't it? This is not an experience that I have created, but rather it is an experience that you have created within yourself. This skill is one that you will easily be able re-experience at any point in life when you need to overcome the words of others or the predictions of those limited by their own previous experiences. Again, allow yourself to hear each word I use with the subconscious mind, or drift, dream, and float through this experience. As you listen to this session, use the creative part of the mind to imagine two knobs. Imagine one on the left and one on the right. These knobs exist on a computer controller that is connected to your body and mind. In reality, such a controller exists in your mind, so this visual representation that I have asked you to create is quite practical.

The knob on the left controls the volume of discomfort. Up to this point, you have been listening to it on high volume. As you visualize this knob, slowly turn it to the left to turn down the volume of discomfort. Feel the hurt fade away and experience your intuitive ability to turn down this level of awareness. Excellent. Now imagine that the knob on the right controls your comfort level, something that you have most likely not been listening to on a daily basis. Turn this knob to the right and experience the increase of comfort within you, as you hear the voices of peace, serenity, and comfort increase. Feel the sensation of wellness and physical comfort increase.

This is not just a mental exercise. You can actually experience these wonderful changes and perhaps you have already noticed an increase in the heaviness of your body as you enter a more peaceful state of relaxation. Or, perhaps you notice lightness in the body as the volume of comfort energizes your cells. Some people notice other sensations such as a tingling in the top layer of the skin. Still, other people do not have such obvious changes as they learn this process. Rather, they experience change over a period of time as they practice the skills of hypnosis. Again, any outcome is okay because this process of creating new awareness is an experiential process. It is one that you will

experience as the wellness within you becomes the awareness that you allow to spread through every fiber of your being.

Everyone who engages in this process of increasing comfort also finds that as the knob representing comfort is increased, depression, despair, and anxiety give way to new feelings of release, acceptance, healing, and hope. A new freedom and a new peace is gained by being attentive to comfort. Increasing that comfort and wellness that is already inside will easily bring these positive feelings to the attentive mind and carry you easily through each day.

Sometimes when I am teaching people these skills, they fear that the feeling of wellness or comfort that they have been able to increase is temporary or only exists for the length of the hypnosis session. However, this is not true. You can easily create the experience of turning down the knob on the left and decreasing the volume of hurt or discomfort at anytime. In fact, you can even do it again now by visualizing that control on the left and decreasing the intensity or volume of discomfort down to barely a whisper. It feels wonderful, doesn't it?

Now, in the stillness of the mind, slowly turn that imaginary knob on the right to a higher level of comfort. Notice that as you slowly turn it to the right, you become more aware of your comfort level. Feel a sense of wellness swelling within you and the energy of health and a spirit of hope. Excellent, you are doing great. You can turn it as high as you would like, easily increasing your comfort to the highest level that you have experienced in a long time.

What an amazing feeling of freedom this brings. Enjoy this experience for a moment and simply allow the mind to expand the awareness of your ability to be attentive to the health and wellness within you. It feels remarkable, doesn't it? You have the ability to recreate the feeling you have now by just closing your eyes for a brief moment and bringing yourself back to this point. In fact, you will find that in the mornings you will easily begin to turn the control knob and increase the volume of your comfort. You can carry this positive feeling with you throughout all of the tasks that each day brings. Wonderful.

And, although your awareness may shift to difficulty from time to time, you will easily recognize that inside of you is a place of wellness than can be focused upon as easily as any other state. You will listen to the body and respond by caring for it through proper nutrition, rest, and even various treatments such as medication or medical care. However, as you do, the awareness of wellness will remain paramount, increasing each day as you master these skills and move forward in your life.

As you relax, having enjoyed this period of rest and rejuvenation, you can continue to keep your eyes closed and be aware of the experience within you that brings wellness to every cell of the body. Be aware of how the heart works with

your lungs and then your blood supply. Be aware of how the blood supply works with the muscles of your body by increasing comfort in every muscle, tissue, and cell. It is a wonderful feeling.

I am going to give you another moment to experience the stillness of this spot and whatever else you need to experience at this time. Know that it is perfectly okay to shed a tear of releasing past sorrows or even experiencing new joy. At this time, let go of any discomfort and increase the experience of comfort, peace, and serenity. Or you can just be still and enjoy the sounds of life. Wonderful! Enjoy the peace, serenity, wellness, comfort, wholeness, strength, and power.

From this point forward, anytime you see the color blue it will remind you of the skills that you have learned in this session. In fact, it will be a calm and cool reminder of the healing forces that exist within your body and mind. Although there is no real reason, the color blue will simply become a comfort to you by strengthening your experiences and increasing your comfort level. You might notice a blue car driving by, a blue cup, a blue shirt, or even the blue sky. You will notice blue in each and every place in a way that you haven't before. This increased awareness of blue will be a demonstration to you of your ability to sharpen your awareness of anything, including increases in your comfort level. In fact, blue will bring a smile to the face, as hope, comfort, and restoration are clearly within your reach.

As you continue to keep your eyes closed, it is time to reorient to the room around you. Shift your attention to the part of the mind that creates awareness. Begin feeling more awake and alert. Now, shift your awareness back to that point directly in front of your closed eyes, knowing that this time has been beneficial and finding it even easier in the future to experience hypnosis, healing, and health.

Now, imagine that spot in the center of the room. Open your eyes if you would like to and feel more energetic. Wonderful. And now, stretch out any muscles, take in a deep breath, and focus your attention at the starting point on the far wall. Good! Breathe in deeply, restoring all energy to the body and stretching the back and neck. Now you become fully alert, fully awake, and ready to practice these healing principles in all of your life experiences.

Glove Anesthesia

Introduction for the hypnotist

In the world of hypnosis education and treatment, the concept of glove anesthesia is not a new one. The name is derived from helping a client to create a sensation of anesthesia in a specific part of the body. In the case of glove anesthesia, this sensation is created in the hand as if one were wearing an anesthetic glove.

Being able to create anesthetic phenomena through hypnotic suggestion is a useful tool in medical hypnotherapy, including pain management, pre-surgical preparation, or even as a profound convincer of the ease and depth of hypnotic processes.

Each person is unique and different people respond differently to processes and suggestions. Some clients have a more profound response than others. For a client who is not very kinesthetic, they may initially only feel some of the sensations suggested. That is okay, because successive sessions usually bring a greater level of experience.

Often, those who struggle to feel kinesthetic suggestions such as heaviness, warmth, or coolness, become frustrated when they do not experience a dramatic response during their first attempt. However, developing hypnotic response is like any other human activity. Time and practice are required to experience the full benefit.

Luckily, many people experience profound response to the suggestions for glove anesthesia. In fact, it has been my experience that far more experience profound results. They easily experience the full impact of this exercise, often in a single session. The lesson is that everyone can experience hypnotic phenomena. Some will need more practice than others, but all can learn from the process by practicing this technique on a regular basis.

Glove Anesthesia Session

During this session, you will be able to create a learning experience for yourself where you can discover your potential for controlling your own body and the sensations you experience. By sitting in a chair, you will be able to avoid falling asleep. After all, hypnosis is not sleep. Rather, it is a state of deep physical relaxation coupled with increased self-awareness. By uncrossing your arms and legs and resting your hands on your lap or the armrests of the chair, you will be ready to begin.

Start by closing your eyes and by scanning your body for any places where you are holding the tension of the day. If you notice tension in your brow, shoulders, or back, release that tension and let those muscles relax. Bring your attention to your breath. Notice your chest rise and fall with each breath and

notice the tempo and quality of your breath. If you need to adjust for comfort to breathe more easily, that is perfectly okay. In fact, at anytime during this session if you need to move, itch, or adjust for comfort, it will not disturb you. It will simply help you to become more comfortable and relax even further.

Breathing is the only thing that we do from the first moment of life to the end of our life. It is interesting how most of us go through life without ever really focusing on a breath. As you breathe in and out, focus on your breath and note what it feels like to have your breath drawn in through your nostrils. Note that point where an inhale turns in the lungs and becomes and exhale. You do not need to try to slow down or speed up your breath. Just pay attention to each breath; in and out. By focusing on the breath, you are able to focus inward and put aside the distractions of the day. Simply take a few minutes to better your own life by learning something new and experiencing new things.

I am going to take the next few moments to guide you through a series of relaxation exercises. We will focus on relaxing the body and then the mind. During this process, you might find your mind wandering or thinking. That is perfectly okay. It certainly does not mean that you cannot experience hypnosis. After all, thinking is what minds do. However, if you should find it a distraction, simply return your focus to the breath and you will find how easy it is to regain your focus.

We often carry the tension of the day in the brow, the eyes, and the little muscles of our face and jaw. Pay attention to those muscles, especially those in the brow and around the eyes, and let them relax and release any tension they may hold. Notice that by unclenching the jaw, you can relax the muscles of the cheeks and chin. Although quite simple, this exercise of relaxing the muscles in your face can go a long way towards helping you to release any tension during a busy or stressful day.

You can relax the tension in your neck and shoulders by letting your chin drop towards your chest, taking the weight of your head off of your shoulders. Or, you can allow the chair to support your head. Let the natural heaviness of relaxation flow through the upper body, finding it quite comfortable to take a few minutes for yourself to practice something new.

Now, let the experience of relaxation extend through the upper arms and the forearms, noticing the natural sensation of heaviness that relaxation brings. As you extend this sensation of relaxation into your hands, notice the feeling of heaviness in the palms and fingers as you let each muscle release any remaining tension.

As you continue to relax, note your breath. Smooth and rhythmic, each breath brings with it a healing sense of relaxation. Notice how the breath has

naturally become calm and relaxed and how the muscles of your back and chest can relax with each breath.

As you extend the sensation and awareness of relaxation into the muscles of the buttocks and thighs, sense the feeling of heaviness that relaxation brings. Now, relax the muscles of the lower legs, the calves, the ankles, and shins. Feel any remaining tension leave the body as even the toes relax. In fact, you can wiggle or spread the toes, letting even the tiny muscles of each toe relax.

Pay attention to how this experience of relaxation feels. With each breath, notice how the heart rate becomes calm and regular. You have done a great job by creating a sensation of relaxation, heaviness, and a feeling of calm. As easy as it is to create these sensations, you can begin to use these skills to create other feelings and sensations.

Notice your eyelids. Each eyelid is controlled by tiny micro muscles that open and close many times throughout each day. Notice how good it feels to let them relax and be heavy. Notice your hands and how good it feels to let them rest on your lap, heavy and comfortable. Notice how the feet and toes feel when they are totally relaxed, heavy, and comfortable.

As easily as you can relax the body, you can also relax the mind. To this point, you may have been focusing on physical relaxation, yet found the mind wandering. Did you focus on your breath, using it as a point to bring your attention inward when you noted it wandering or thinking? To fully relax the mind, simply focus on the breath, setting aside anything either known or unknown that is keeping you from fully benefiting from this experience. With each breath, note how wonderful it feels to set aside the day and increase your self-awareness. Let each breath double the sensation of relaxation. Each breath can take you to a deeper state of creativity and a profound awareness of your internal experiences.

In this session, you are never asleep, only deeply relaxed. Breathe in and out, with each breath smooth and rhythmic. Now, bring your attention to your hands. You created a feeling or sensation of heaviness in them by relaxing and letting yourself experience this process. And, although both are hands, each one is different. Perhaps your conscious mind is aware of the difference between the hands. One might feel heavier and more relaxed than the other. Or, perhaps one feels lighter or simply different than the other hand. You can try to discern the difference with the conscious mind if you would like to, or you can stop trying to figure it out and just let your subconscious mind guide you. Note that the left hand is the one you are attentive to and finding that to be the right choice for you. Or, perhaps you are drawn to the right hand. You find that by choosing that one, there is only one hand left. Of course, either way is fine. Even if you do not

yet notice a difference, simply decide which hand will remain relaxed on the lap and which hand will be doing the work in this exercise.

Lift up the hand that will be doing the work and use the index finger to point to a spot on the back of the resting hand. Go ahead and touch the back of one hand with the working hand. Simply tap that spot several times on the back of the passive hand. Tap the same spot several more times and notice the sensation of being lightly tapped by one hand on the back of the other hand.

Now, let both hands rest. Continue to pay attention to the spot on the back of the passive hand where the feeling or sensation of being tapped is present. In that place where you were tapping, which is the size of your finger tip or the size of a dime, use the creative part of your mind to experience the sensation of no sensation. As easy as you can relax your muscles, create heaviness, or regulate your own heartbeat, you can allow yourself to become aware of the sensation of no sensation on this small spot on the back of your hand.

Imagine that the spot on your resting hand where the sensation of no sensation is present becomes larger and expands to the size of a quarter. Continue to let that awareness of the sensation of no sensation become larger, expanding to the size of a half-dollar and even to the size of an old-time silver dollar. It is remarkable how the creative part of the mind can focus on something that we might have overlooked before. What was overlooked is our capacity to focus on the absence of sensation or the sensation of no sensation at all.

And now, allow yourself to extend this awareness of the sensation of no sensation to the entire back of your hand. Just like the relaxation that started in your brow that was eventually experienced in all of your limbs and fingers, allow the sensation of no sensation to travel through each finger. Allow it to engulf your entire hand in a comfortable awareness of the sensation of no sensation. No longer does your hand feel heavy or light. You are no longer aware of anything but the sensation of no sensation. It feels wonderful to be able to create this awareness, doesn’t it?

Using the arm to move your anesthetized hand, bring your hand to any other part of the body where you would like to transfer this awareness to. You could simply move it to the top of the other hand or touch it to your knee. Perhaps, touch your other elbow or even a place in your jaw that feels uncomfortable. Note that by simply moving this hand and letting it touch this other place on your body, the awareness of the sensation of no sensation is easily transferred.

Now, move your arm and your hand back to where it began, resting on your lap. Note this awareness of the sensation of no sensation in both your hand and the place you have touched.

Of course, none of these experiences of awareness that you have created today come from me, rather they have come from that place inside of you that regulates your own experience. This means that anytime you need to change the way you feel, you can pay attention to the breath, a state of relaxation, or even the sensation of no sensation, anywhere in your body.

Of course, by touching a part of the body that is stressed or in pain, you can find relief. The same process can also be applied to emotional pain or discomfort. If, at anytime you find your heart or spirit is hurt, you can even create the sensation of no sensation in that place. This gives you time to begin emotionally healing and the ability to mange emotions or feelings that may have been too painful to manage.

Over the next few days and weeks, revisit this exercise several times to practice the process of increasing your awareness. Increase your awareness of comfort. You can alter your perceptions and experience new things, including the sensation of no sensation.

Now it is time to come back to this moment and place by reorienting to the room around you. Pay attention to your hands relaxing and notice a sense of lightness in them. Notice the feeling of lightness in the feet and in the eyelids. Of course, you know you could open your eyes right now, but wait a moment and continue to enjoy this state that you have created.

Now, I will count from one to three. With each number, become more alert and more awake and ready to experience the rest of the day.

One, take in a deep breath, letting oxygen reach every cell of the body….

Two, choose to retain a sensation of comfort in you body, mind, and spirit, while stretching out any muscles that need to be stretched….

Three, feeling fantastic, open your eyes….

You feel ready to use this new awareness each and every day, in any way that is beneficial to you.

Future Pacing Success before Medical Treatment

I am going to guide you through a brief process using hypnosis and pain control. Close your eyes. With your eyes closed, bring yourself to that point of learning that we call hypnosis. Breathe in and breathe out, letting each breath relax you more.

Although your pain level may be high and you may be constantly aware of your discomfort, in time the treatment will come to an end. You will have that surgery, radiation, or procedure done. In the coming weeks, months, and years, you will no longer be in the midst of the trial you are currently in. Instead, you will have solved your health problems. You will look back on this time as a difficulty that has passed.

Now, imagine yourself a year from now, seeing yourself as you know you will be. You are no longer healing, but fully recovered. Allow yourself to experience the feeling that you know you will have in a year, long after your medical treatment is complete.

Imagine yourself a year from now, doing the things that you can't currently do. See yourself bending, moving, getting up out of bed feeling wonderful, and even running. Watch yourself doing the things that might currently seem impossible. Involve your senses in the experience.

Picture yourself out of bed and outside running. You can smell the scents of the day and feel the pavement below your feet. You can hear the sounds of the neighborhood and enjoy the radiance of the sun.

Of course, we know that everything that is, was a thought first. By creating this imagery, there is no question in my mind, nor should there be in yours, that the future possibilities are endless. What the mind can conceive today, we know the body can achieve tomorrow. Reorient to the room and pay attention to the chair below you, my voice, the air in the room around you, and allow yourself to return to this time and place with hope.

HYPNOSIS FOR CHILDBIRTH AND PREGNANCY

The First Trimester

Women who desire a safe and natural childbirth experience are discovering how hypnosis can be used to enhance bonding, prepare the body for labor and delivery, and promote health throughout pregnancy. This hypnosis session will guide you by providing suggestions for maximizing health during pregnancy and preparing for childbirth in a fun, safe, and natural way. Studies indicate many positive benefits of hypnosis during pregnancy and this session is your starting point for a safe and natural delivery.

The Second Trimester

During the second trimester of pregnancy, hypnosis can help you to achieve physical comfort despite changes to the body, and help promote the healthy growth of the baby. It can also help you to develop a spirit of joy as you face changes in your family. This session will guide you through the process of using hypnosis in the second trimester to maximize the health and happiness of you and your family.

The Third Trimester

Hypnosis in the third trimester of pregnancy is used to create a foundation for natural childbirth and guide you through this joyful and natural process, without complications. Our modern society calls it "labor pains", but through hypnosis, you will see childbirth is truly meant to be. It is a joyful bonding experience that is safe, natural, and that the body already knows how to do. Hypnosis uses visualization techniques to guide you through the childbirth process and be successful in managing pain and discomfort. Hypnosis can even aid in the restoration of the body after childbirth.

The First Trimester:

Preparing Your Mind and Body

Pre-talk

Many people ask me how hypnosis can be helpful during pregnancy and in

preparation for childbirth. Hypnosis can be a useful tool because it teaches skills for managing anxiety, becoming aware of your changing body, and assisting in building positive perspectives on childbirth. It reinforces the reality that childbirth is a natural and safe process that can actually be very comfortable. The current perspective in society is to treat pregnancy in a medical setting, complete with doctors, hospitals, and medications. And, although medical consultation is certainly advised for anyone who is pregnant, some institutional perspectives can inadvertently cause one to anticipate and experience problems consistent with the expectations of the medical model.

As a result, women who are pregnant often anticipate discomfort and pain. Due to TV shows and movies, they may even expect to experience difficulties and trauma. However, pregnancy and childbirth is a totally normal, natural process. Your body intuitively knows how to have a baby. Hypnosis can be a valuable tool in helping you to accomplish your healthy goals by preparing you for childbirth in a safe and natural way.

This session is designed to assist you in learning the basics of hypnosis. It is an ideal starting point and you will feel refreshed, energized, and relaxed at its conclusion. Hypnosis is not a magical state. It is a natural state of mind that everyone enters into about seven times a day. In life, you are either awake, asleep, or somewhere in between. In a theta level of brain functioning, one is relaxed and open to new lessons and to using the creative part of the mind to move forward.

You may hear every word I say, or you may drift, dream, and float. Either way is okay. Hypnosis is simply a learning process where the subconscious mind experiences the lessons that are important. Whether or not one pays close attention to each word or lets the conscious mind relax and experience its own direction, the outcome is the same. You intuitively have the answers that are going to be most helpful to you. Hypnosis is a process that simply draws on these truths.

Induction

Deepener

Suggestive Script

This is a time of change; and times of change are also times for learning. As you relax, open the intuitive part of the mind to allow yourself to gain from the process of hypnosis. In fact, in the last few minutes you have already learned how to relax the body and mind and become aware of things in a new way. This will help you over the next few months as your body changes, your child grows within you, and in the ultimate experience the birth of your child. As you relax physically, notice the feeling of this state.

Also notice that it was not me who created this feeling. Rather, you have created this feeling by simply following my directions. You now know that you have the capacity to return to this peaceful and serene state of physical and emotional relaxation, at any point in the future. It feels wonderful to learn this new skill. If at any time should anxiety, worry, or discomfort become part of your awareness, you know that you can instantly return to this exact state of calmness and serenity. You can simply recall the experience that you are having now and place yourself back into this state.

It is remarkable how good it feels and how easy it is to just be still in a world of personal change. I am going to give some suggestions for you to listen to with your subconscious mind. The subconscious mind is that part of the mind that contains all of our knowledge and experiences. This is the part of the mind that will access your lessons throughout your pregnancy. These suggestions will help you to feel a sense of calm, help you control your body's responses to physical changes, and experience health. Portrayals of pregnancy on television often give us negative hypnotic suggestions, telling us we will feel fatigue or sickness in the morning. They may even induce fear. Let me assure you, these portrayals are not reflective of the body's intuitive ability to lead you through pregnancy and childbirth with joy, health, and wellness.

Each night before you go to sleep, recall the feelings of joy you have had and reflect on the unity you feel with your child. Allow yourself to bond with your child by envisioning the growth of this baby inside of you and your growing feelings of connection. Certainly, this is an emotional process, but it is also a basic physical reality. You are joined to your child, nourishing and helping your child to become a wonderful part of your life. Every morning, wake up sensing joy as each day brings you closer to holding this special gift and bonding with your baby.

As you look in the mirror each day, see yourself not just as you have been in the past, but as you are now while preparing for this wonderful change. It is a change that feels safe, secure, and natural. It is okay to turn down the voice of anxiety in your mind because you understand that your body knows how to care for this pregnancy. Every creature in the kingdom is capable of a natural and healthy birth process. And you, like the billions of other women who have given birth since the beginning of time, can find peace and security in knowing that nothing is abnormal in this process. The regular changes that you notice are not symptoms of illness. Rather, they are signs of life, joy, and completeness.

Now, relax even more. Drift, dream, and float while realizing that your baby is also drifting, dreaming, and floating. You are joined with this child in a state of total relaxation. As you go deeper into trance, you may have feelings that

you have never felt before. This is perfectly normal. You may also feel sensations in the body you have never felt before. These are simply signs of change and positive energy that you have gained through this learning process.

A lot of people find visualization to be useful for helping them to control physical feelings during the first trimester of pregnancy. Visualize a control panel with several radio knobs that each control your physical responses during pregnancy. The first knob controls your energy level. You can imagine yourself turning that knob to the right to gain the energy you need throughout each day. Excellent. And, just as easily as you can turn that knob to the right to increase your energy level, you can also turn it to the left to decrease your energy level. This is useful when you are ready to relax your mind and body at the end of the day. Very good.

The second knob controls your feelings of wellness. Anytime you notice a sensation of discomfort or illness, you can turn that knob to the right to increase your level of wellness.

This helps you to avoid the complications of morning sickness or discomfort. You can test this in your mind, right now. Visualize yourself turning this knob to the right and increasing your wellness. At this very moment, notice how well you feel. Wonderful.

The third knob controls stress and anxiety. As changes occur with your body, mind, or life situation, you can temper any feeling of anxiety or fear by knowing that you are engaged in a learning process. You can turn this knob to its highest level to bring forth a sense of joy, acceptance, and happiness to your spirit and temper any negative feelings of fear or anxiety. Very good.

In your mind, you can create any radio knob you need to. This allows you to gain control over every aspect of your life and your pregnancy. You can create a knob to increase your bond with your baby, the connection you have with your family, or even one to increase the health of you and your child. As you go deeper into relaxation, recognize that this is a time to care for yourself.

You will find that it is easier for you to make healthy food choices and eat portions that satisfy you and meet your need for nutrition, without over-eating. Plants intuitively know what nutrients they need from the soil and the atmosphere. You also have an innate ability to recognize your own nutritional needs, eating the right foods in the right proportions to maximize your health and the health of your new child. Any temptations to overindulge or to under-eat to compensate for weight gain will not be issues for you because you have learned to listen to your body and respond accordingly. As you continue to look forward to this joyful experience that you are preparing for, you will make healthy decisions to replace any old habits that have been self-destructive with new

feelings of joy and celebration.

When you are done with this session, you will find that the color red abounds in the world around you. You will notice the color red everywhere. Perhaps you will notice it on a billboard, in a magazine, a fire hydrant, taillights, on somebody's shirt. This new awareness of the color red will bring thoughts of your preparation for childbirth and the new skills you have learned. It will bring a smile to your face and a sense of inner calm and joy as you prepare for birth. Over the next few months, as you learn hypnosis, you will be taught the skills for deep breathing and creating visualizations that will help you experience success and go through the process of childbirth, naturally.

You have done very well today by learning the basic process of entering hypnosis and how to attain a state of deep relaxation. In the future, you will find it even easier to return to a state of relaxation and open-mindedness, to learn even more. You know that it will be helpful to practice these lessons because they will assist you in going through pregnancy with success, a sense of calm, and health.

I am going to give you a few moments of serenity to continue enjoying this feeling of hypnosis. Then, it will be time to reorient to the room. But for now, just enjoy the physical and mental place that you have created and take a moment for yourself.

(Pause)

It is now time to begin to feel reenergized. Feel the energy of joy, happiness, and the new lessons you have experienced. I am going to count from one to five. Continue to keep your eyes closed…

Awakening

The Second Trimester:

Enhancing Awareness and Control

Induction

An awareness induction is recommended.

Deepener

Suggestive Script

During the second trimester of pregnancy, hypnosis can be used to teach therapeutic breathing, increase awareness of the body, and to assist in preparing

for childbirth. This is an exciting time of change and joy. By learning the skills of hypnosis, you can go a long way in maximizing your own health and the health of your baby.

Just as you are able to shift your awareness to any point, shift your awareness to a mental picture of the baby growing inside of you. This is a wonderful exercise because as you visualize the baby inside of you, you can attend to the needs your child has for nutrition, stillness, and emotional support. As you create that mental image of the baby floating, drifting, and being one with you, allow yourself to renew your commitment to health, wellness, and a natural and healthy delivery. As you breathe in, visualize the oxygen flowing into the deepest parts of the lungs. From there, see that oxygen enriching your blood supply and healthy nutrition being delivered to every extremity, muscle, and cell of your body.

Imagine those vital nutrients being transferred from you to your child through the umbilical cord and think about how the wonderful cells, bones, and systems are growing. It is a great feeling to know that you have control over your baby's health, simply by making healthy choices, learning hypnosis, and choosing healthy foods. You can also care for your child by making sure you get enough rest by utilizing the principles of hypnosis to guide you into a deep, natural sleep.

As you enjoy the experience of pregnancy, you have an ability to become acutely aware of how the body works. You sense how blood flows through the body and how you can control every aspect of your health and the wellness of your child. These are skills that you will use during the birth of your child by visualizing a natural and safe delivery. You can see yourself easily engaging in the natural process of childbirth while recognizing that nothing in this experience is abnormal. Rather, it is a creation of nature to best unite you with the new life that is inside of you.

Words such as joy, peace, relaxation, acceptance, wellness, and comfort, represent a state of being. You have the ability to control and create. In preparing for childbirth, you have within you all that you need to experience these states. At this time of awareness through hypnosis, you can be drawn to that which is deep inside of you that can be used to promote these states. You can allow the skills that you need to arise to the conscious level of awareness. You can then use these skills to maintain wellness and health through each day of your pregnancy.

During this hypnosis session, you have learned the very valuable skill of shifting your awareness to every aspect of your pregnancy. This is wonderful. You can be confident that your pregnancy will go as planned and you can

envision a healthy and natural outcome. Go ahead, in this safe place of awareness and relaxation, and envision how you want to experience childbirth. What the mind can create, the body can achieve. You have the ability to control the process of birth by controlling your environment and how you plan to experience this event. See yourself as you will be when the time is right to bring your child into the world. See yourself experiencing joy and satisfaction, knowing that you have made right choices and controlled the outcome for the benefit of your child.

This skill of hypnosis can also be used to manage any anxiety or stress. You can use deep breathing to increase your comfort level and decrease the pain that others have told you about.

Your experience is not the experience of others, so the outcome is entirely yours. You have the ability to experience childbirth in any way that is best for you and your child. Take in a deep breath now. Inhale and then exhale. Perfect. Again, take in a deep breath and hold it for a moment. Now exhale, relaxing even more and doubling the sensation of relaxation. As you exhale, you go deeper into trance. Perfect.

Now, I want you to project yourself into the future by seeing yourself holding your new baby, loving that baby, and feeding the baby for the first time. It is a wonderful sight in your mind and a wonderful feeling you have created. Perfect. In the moments following the anticipated birth, you will bond with the child. See yourself easily lactating and providing the baby with the nutrition of life. See your body naturally healing from any physical stress during the delivery and see yourself being energized by joy rather than fatigued from expectation. Perfect.

Again, you have the ability to control each and every outcome and aspect, which gives you comfort and peace during this second trimester of pregnancy. You are doing well, creating these images and experiencing hypnosis. I know this because you are participating in this session and helping yourself to learn even more about the process. These new lessons will continue to impart feelings of control, satisfaction, and peace.

Just as you have made it through the first trimester, you can make it through this joyful and exciting period of change. You have done so well and can easily continue making progress, growing this child within you. You will easily be able to care for your physical and emotional needs, preparing in advance for any difficulties by learning new skills, reading books, and sharing your experiences with others. And, as easily as you can shift your awareness from outside of yourself to inside, you can be aware of every action you can take to increase your comfort and success in childbirth and pregnancy. Each day, you will find

that joyful energy and a spirit of wellness tempers any physical sensations of fatigue.

As the body changes, you will find natural strength within each muscle. Changes in your breasts will be accompanied by recognition that you are a positive life force in the experience of your new child. So many wonderful occurrences are taking place. As you create your outcomes by channeling positive chi into every aspect of life, you are learning new skills. It will be easy for you to practice the principles of therapeutic breathing and pay attention to the sensation of physical calm at each point in this pregnancy, including the day of birth. You can set your expectations high, knowing you have done so much good for your child already. Perfect.

Now, take a moment to listen to your inner voice of experience and become aware of any needs you have yet to meet to prepare for birth. Bring the solutions from within your experiences to your consciousness and act on these realizations over the next few weeks and months.

Again, the color red will become brighter, sharper, crisper, and clearer. It is something you notice everywhere you go. There is no reason for this, it is just so. When you see the color red anywhere, it will bring confidence and the spirit of wellness to you and your baby as you go through the days toward the joyous time of birth.

Awakening

The Third Trimester:

Preparing for Labor and Childbirth

Induction

Deepening

Suggestive Script

There is a technique that many professionals such as athletes, public speakers, and even medical doctors use in order to achieve their goals. Some of them might call what they do a secret, but it is really just a simple, effective way of using the mind to fully explore the future. It is much like daydreaming through a fantasy in order to prepare yourself to take the right actions later, to help achieve your desired reality. In other words, you can use the power of your mind to practice and prepare yourself mentally and physically for a wonderful

birth experience. These skills can help you manage your breathing and control discomfort during contractions and childbirth and help aide your body's physical recovery. You can essentially see and experience the process of childbirth in your mind, safely and from a distance, to explore the feelings and sensations of the experience. It is like a trial run so that you will know what to expect when the real time comes. As a result of this mental rehearsal, you will be better able to sail through the event with feelings of confidence and control.

Take another deep, cleansing, relaxing breath, in and out. Good. Now that you are relaxed and have this goal of learning what childbirth will be like in order to be prepared when the natural time comes, allow yourself to focus on your body.

Focus on the inside your body. Feel your heart beating and imagine your blood and nutrients pumping throughout your body, feeding the new life that's inside you. Focus your thoughts on your stomach and your uterus, the current home of your growing child. The outer layers of the uterus are a warm, smooth, pink group of muscles. They wrap tightly around your baby, offering natural security and protection. Now, move your thoughts inside these muscles, inside your uterus. You can imagine your baby resting peacefully and floating comfortably in a serene sea of natural fluids, all curled up, cozy and warm. The inner walls of the uterus are lined with cushions of silky, soft membranes. The placenta, which creates and stores your baby's nutrients, rests securely on the upper wall. The umbilical cord, the amazing cord of life, leads down to your baby. It pulsates with the natural rhythms of your body and feeds your baby, helping it to grow healthy and strong.

Now, move your thoughts forward in time to the day your baby will be born. That time is not now, but you can picture the future in your mind. You will know when that day comes because your body naturally knows. It will tell you when the time is right. It is important to remember that it is okay to forget what others have told you about labor and childbirth or what you may have seen on TV or in the movies. Your experience, like all experiences, will be unique to you. Like all experiences in life, it can be as wonderful as you want it to be.

It is also important to remember another of the professional's secrets. Not only can we instinctively control our own body, such as choosing to sit, stand, laugh, or cry, but we can also control our body's responses to natural sensations, such as pain and discomfort. What the professionals know and what you are now learning is that simply by taking a few deep breaths and willing the tension away, we can easily lessen feelings of pain and naturally ease away discomfort.

In the future, when the time comes for labor to begin, your uterus will begin tightening and loosening, on and off, throughout the day or night. This is a

natural and wonderful thing, despite any mild discomfort you may feel, for it will mean that your body is preparing for your baby's arrival. At first, the tightening sensations that some call contractions will be moderate. They may be startling to you at first, as your body begins preparing for the big event. However, you are expecting them. You know what they are and what they mean. Therefore, you can allow yourself to relax and feel at ease with this natural process.

Think for a moment about the majestic ocean and its soothing rhythmic waves. Imagine yourself standing just a little way out from the shore, in the water. The water around your legs and waist is warm and comforting, much like the sensations your baby is feeling while snuggled down inside your womb. The sun is shining, the seagulls are chirping, and all is beautiful. When the little waves come in, you can feel them roll in against your waist and the pressure of the water tightens around you a little. You have no fear because you know these waves cannot hurt you. They are just doing what they naturally do. The pressure holds you back just a little, for just a few minutes, and then the waves recede and roll back out into the ocean. The pressure leaves your body and you feel relaxed and invigorated.

As each wave of pressure rolls around you, the time will have come for your baby to begin its journey into this world. As you feel a sensation of tightening to your stomach and back, you will simply take slow, deep breaths and focus on your breathing. You can relax your mind as well as your muscles until the expected sensation passes and the waves naturally roll back out to the sea.

Take in a deep breath now. Breathe all the way in and all the way out. Very good. With each wave of contractions, even the smaller ones, your baby will be moving a little more into position. The muscles inside your body will be adjusting a little more and following the natural rhythmic process of getting ready for the big event.

When your body has told you that it's time, you will check and make sure that your overnight bag is packed with things you will need or want for comfort. You will ensure that your transportation to the hospital is all lined up and ready to go. You will be strong, relaxed, and in control. You will know that you can make it through the birthing process with confidence because you know what to expect. It is nothing more than you can handle. As the time draws closer, the rhythmic tightening, loosening, pushing, and pulling of your stomach and back muscles will become stronger and more powerful. Even when these more powerful waves of contractions begin, you remain calm, confident, and in control. You have the ability to choose to sit, stand, or lie down to be more

comfortable. You may or may not choose to hold a cushioned ball or a mini beanbag in your hand to squeeze as your muscles tighten.

You will relax and focus on your breathing. You will breathe deeply, slowly, comfortably, smoothly, and rhythmically. Take another deep, deep breath, all the way in and all the way out. Excellent. You are doing fine now and you will do fine when the time comes. You know that this is all just a natural process that is worth every minute. When the time comes, with each deep breath you take in, you will pull natural energy and a sense of Mother Nature's serenity deep into your body.

This energy is a bundle of feminine strength that is designed just for this marvelous occasion. It will help fuel and restore your mind and body for each new wave of contractions, allowing you to remain calm and relaxed as you experience the wonders of childbirth. With each exhale, all tension, stress, and discomfort of these perfectly normal waves will simply melt away from you and roll away. You will be left feeling naturally refreshed, renewed, confident, calm, relaxed, and strong. You will be able to give birth to your baby when your body says the time is right.

You know that when that time comes in the future, the waves of birthing contractions will become stronger and stronger and your body will begin to open to make way for your baby to enter the world. You will expect this and continue to breathe deeply and calmly, inhaling more powerful, restorative energy. You will exhale all the stress, tension, and discomfort. The amazing muscles of your uterus will continue to gently nudge your baby down further and further, with each pulsing wave, into your cervix. As the time of birth draws near, your baby's head will begin to press into your cervix, causing it to open more to make room. With each wave of pressure, it will expand further.

Your body opening inspires a sense of happiness and confidence because you know that it is one of the final steps before your baby comes into the world. When this time arrives, you will continue to breathe deeply through each wave and you will choose to relax your mind, body, and muscles. You will relax your cervix so that it opens even more for your baby. When the waves of contractions begin to come harder and faster, as they are supposed to when it is time for your baby to arrive, your uterus and cervix will work together to continue to push your baby down through the birth canal.

Imagine your baby is waiting inside of you for the final moments to arrive. It is warm and wet with life and waiting for your loving arms to hold it. When this time comes, you will breathe deeply and relax. Then, you will open yourself and let your baby come even closer out into the world. When this happens and your baby has finally reached your vaginal opening, you will begin to feel the

skin tingling or perhaps a burning and stretching sensation. You will know that despite any discomfort, this is a good thing and you are in control. You will take a deep cleansing breath, inhaling powerful energy and exhaling all tension, stress, and discomfort. You will give your body the time and ability to open even further. When this time comes, you will feel your baby's head begin to emerge. It will be wonderful, natural, and exciting as you continue to draw in more energy with every breath and exhale the stress, tension, and discomfort. Finally, your baby's head will slip out and you will experience such joyous relief and pride. You will rest for a moment, as your baby begins to take part in the world.

When the time is right, your uterus will tighten again. The waves of productive pressure will return once more and you will inhale even more energy as you feel your baby turning into the proper position to make its way into the world. As you exhale the pressure, the shoulders come. Then, as you take another refreshing breath, your baby will slip out from your womb and join you in the world, at last. The past tension will instantly melt away and the joyous wonder of life that you have created will be held in your arms.

Now, slowly return your thoughts back to the present time. Your baby is still resting comfortably inside your uterus, not yet ready to be born. You now know how this wonderful, natural journey of childbirth will go in the future.

Awakening

WEIGHT LOSS: FOUR SESSIONS TO A NEW LIFE

Hypnosis Session 1:

Adding new things to life

Pre-talk

People often ask if hypnosis is really helpful in losing weight and restoring physical health. If you have never experienced hypnosis yourself, perhaps you are skeptical of such a claim. Hypnosis isn‘t a magic bullet, of course. You won’t open your eyes after a session to find yourself one hundred pounds lighter. Hypnosis is not about magic, but about learning. In this session, you will learn new things, and as a result take new actions. In fact, this session is not about giving up anything. You do not have to give up old patterns after this session. Rather, it is about adding new things to life.

After years of doing addiction counseling, I have discovered that people often have a fear about giving something up or about their abilities to do so. I have also found that people often really don’t want to give up some of the old patterns of life. The reason for this is that even though they may be unhealthy, the old pattern serves some purpose.

What works is not giving something up, but gaining something. Therefore, the purpose of this session is threefold. First, it will teach you how to enter a state of hypnosis. Second, it will teach new habits for you to incorporate as a part of your new lifestyle. Finally, it will give you hope. Even though you may have tried and failed in the past, these sessions are not about trying to reach a magic number. Rather, they will help your body naturally become the ideal weight that you should be. Each individual is different and you intuitively know what your needs are. By focusing on adding new things to life rather than trying to take away old things, you will have a newfound ability to effortlessly accomplish what is most important to you.

Why is it important to learn how to enter a state of hypnosis? Hypnosis is a natural state, not a mystical one. We actually enter hypnosis each day without even thinking about it. Hypnosis is not like the things we see in Hollywood. You will not be a mindless drone. Nor will you mindlessly follow absurd commands. Rather, you will be able to use hypnosis to improve learning and to embed new lessons into your subconscious mind. Have you ever said to yourself, “I am going to lose weight”? Yet, a few weeks later you realized that you made that decision but still weighed the same, or even more? This is because you made a decision with the conscious mind, the part that is temporal and acts in the moment, rather than the subconscious mind.

In hypnosis, we are exactly the opposite of what Hollywood portrays. Like in meditation, we are more focused, goal-directed, and intuitively aware. Like an old-time cassette tape, you can record over the messages and the negative behavioral patterns of the past. This is why we will not be giving up anything in this first session. As you add new patterns and new lessons to your life, you will naturally and intuitively replace old patterns.

There are several new habits that you will add to your life in this first session. First, you will add food to your diet. You will add nutrient rich foods that are the source of natural energy and health. If you do this each day for a week, you will find that you will effortlessly eat less of the unhealthy things that may have been a part of your life. You will also add a new method of eating. The result will be recording over old patterns that, in the past, have been destructive. You will also add new activities to life and increase your daily physical activity. Most importantly, you will begin a wonderful journey that will transform into a new chapter of life.

The first step is to learn how to enter a state of hypnosis. For beginners, the easiest way to do this is to use guided relaxation. In fact, because guided relaxation is a great way to manage stress, it will be your first new skill for managing weight. Many of our unhealthy patterns come from emotional reactions to stress. Most people never take the time, like you are doing today, to learn how to practice this skill.

So, by going though this basic process you will have already added a tool that can be useful to you. Relaxation is a way of entering hypnosis because in a relaxed state we are open to new lessons and are comfortable considering new options. There is no right or wrong way to experience this. Begin by getting comfortable in your chair. In a few minutes, you will be very relaxed. However, you will always be attentive, able to hear my voice, and aware of your surroundings. You might hear outside noises, but these will not distress you. In fact, they will reassure you that you are exactly where you need to be, doing exactly what you need to be doing.

Now that you have found a comfortable place to still the body and the mind, begin by scanning your body. Anywhere you are carrying the tension of the day in your muscles, simply let those muscles relax. Pay attention to the small muscles of the brow and around the eyes. Let them relax as well. Often, tension is held in muscles of the jaw. You can even allow these muscles to relax.

As you relax, notice that your breathing becomes slower and more natural. As you listen to the quiet in the room or hear the distant sounds of others outside of the room, give yourself permission to enjoy this time of developing a sense of deep relaxation.

As your hands rest on your lap, let them feel very relaxed, very heavy, and very calm. Again, scan your body and relinquish any remaining tension. Relax any remaining tension held in the shoulders, back, or legs. Now, notice that your breathing is slower and calm. In just a few moments, your heart rate has even slowed.

This basic process of physical relaxation can also be used to still the mind. Do not worry if your mind has been wandering or thinking. After all, this is what minds do. Imagine yourself under a clear blue sky. You can imagine that you are in a place you have been to before, would like to go, or a place entirely of your own creation. In the sky, there is a single white puffy cloud, gently drifting towards the horizon. As it drifts, send all of your thoughts, cares, and concerns into that cloud. Watch the cloud move farther and farther towards the horizon, until it disappears all together. Now, both your body and mind are completely relaxed. If any other thoughts surface, just allow them to drift towards the horizon after that puffy cloud.

In this state of hypnosis, I am going to give you some direct suggestions. These are not suggestions that come from me, rather they are suggestions you have asked me to make by participating in this session. I am also going to share what are called indirect suggestions to help you to learn intuitively. I know you have a strong sense of what is good for you, because people who participate in these types of sessions usually do. As a result, learning intuitively will be easy for both your conscious and subconscious mind. The direct suggestions I am going to make will add to your life. I will also share with you some of my own personal experiences, for the path you are on is well-worn.

It is amazing how easy it is for someone to lose weight by adding something into their life, even by adding more food. By adding nutrient dense foods into your diet, your body will naturally and effortlessly respond in ways that are best for it. So by adding something into your life each day, you will be well on your way to a slimmer, lighter, and healthier you.

The first addition will be adding one pound of fruit and one pound of vegetables to your diet each day. It is amazing how by cutting up a bowl of fruit and a bowl of vegetables, one begins to crave health. Many who have done this have had that very experience. By adding a pound of fruit and a pound of vegetables into your diet each day, you will be just like the others who have made this beneficial change to their lives.

I grew up in Chicago and I remember, as a child, driving with my grandmother to Great Lakes Navel training station. While we were there, we would go to the PX to do our grocery shopping. Each week, on what I assume was my grandfather’s payday, we would shop for groceries. My grandmother

would cut coupons for our weekly shopping ritual. I remember how long it took to shop and how many bags my grandmother would buy. When we got home, I would help her put the groceries away. We stored some in the kitchen and some in the deep freezer in our garage. I spent the rest of my adult life shopping the way I learned to shop with my grandmother, by making a weekly visit to the store and coming home with a week's supply of groceries.

In 2004, I spent a great deal of time overseas. I had an opportunity to travel to Eastern Europe and to Asia, where I spent my time with local families rather than simply exploring as a tourist. In almost every place I visited on three different continents, the people shopped the same way for food. In every home I stayed in, the families went shopping each day for a small amount of groceries. While walking home in the afternoons, we shopped for dinner. We always selected fresh foods, fruits, and vegetables. We usually only purchased the quantity that we would need for that night. It seemed like we were always in the express lane, choosing a few items in a basket and checking out quickly, rather than shopping for a hundred items to last a week.

And, I noticed a difference. When I began shopping each day, the food was fresh and there was no need to purchase frozen prepared foods, which are usually processed and unhealthy. And so, I began to shop in this new way even upon my return to America. Each day, I stop at the market by my house, usually buying fruit for the next day and a few items for dinner that night. You will also find great benefit in adding a trip to the supermarket in your daily routine and choosing a limited amount of food on each trip. Simply, purchase enough to last for the next day or two.

Transitional Deepener

Confusion

It may seem odd to lose weight by gaining so many things. This, of course, is the paradox of life. It really doesn't matter if you look at a clock and see that is it lunchtime, dinnertime, or even time for a snack. By adding healthy foods such as fruits and vegetables, any time is the right time for you. It is the right time to be confident in your additions to life, the right time to lose weight by gaining new habits, and the right time to enjoy being you.

Double Bind

During this week, you will not weigh yourself on a scale. The numbers are no longer important. Adding new experiences to life is what is important. Your body is intuitive and will either lose weight quickly or slowly, but healthy additions to life always result in change. Of course, the results of this addition will be achieving your goal of decreasing your weight and increasing your health.

I am going to take a moment to give you some direct suggestions. The suggestions do not come from me. Rather, they are things you have asked me to suggest by participating in this session. Immediately and without hesitation, you will take action on each of these suggestions, being reminded each day to act on them. How will you remember? It is easy.

Before we go any further, let yourself feel the emotions of success that you desire. Take a moment to visualize yourself as you know you will be, six months from now, a year from now, and even a few years from now. See yourself healthy and vibrant. You can even listen to the new "you" telling you how wonderful it feels to have shed so many old patterns. Feel the energy and emotion of success from the "you" that you would like to be.

Right here and now, let those future progressions exist inside of you. You see, anything we can create with our mind is already in existence within us. All of the wonderful feelings of success and the sight of the new you is already present, deep within you. It really isn't hard to move towards health because we are not really creating or reinventing a new you. Rather, we are drawing the real you to the surface. Enjoy the feelings of confidence, health, vibrancy, excitement, and resolution.

Allow yourself to feel all of these emotions, and then quickly think of the color green. See the color green and imagine the room filled with green. Or, you could visualize a screen surrounding you with nothing but vibrant green. Over the next few days, whenever and wherever you see the color green, it will appear brighter, sharper, more vibrant, and more alive. It doesn't matter if it is a traffic light, a t-shirt, a sign on the highway, an advertisement, or even the leaves of a salad. The color will stand out to you, in any context. At that very moment you will bring yourself back to where you are right now; successful, encouraged, healthy, vibrant, and resolute.

Sometimes you can listen with all of your attention and other times you can listen by just experiencing the process. Either way is fine. In the coming week, because of your attention to this transformation, you will find it easy to eat slower and chew all of your food. Intuitively, you know that this is healthiest way to eat because it promotes the absorption of all of the nutrients contained in each food. As you shop each day, choose new foods with new color and textures, to add to your choices. You find this be a fun challenge and a rewarding experience. Each and every day, add a salad to lunch and dinner. Eat the salad first, filling yourself with healthy, high nutrition foods.

Although these changes seem like common sense, or may even be things that you have practiced in the past, you will find that chewing food slowly, adding new foods, and eating a salad without oil or dairy dressing before lunch

and dinner, will be key factors in your success. You will know a new peace and a sense of freedom by adding to your life in order to lose weight and restore your health.

Hypnosis Session 2:

Breaking addiction and changing preferences

This hypnosis session will last about ten minutes. It is what I call a "skill building" hypnosis session. In my work with alcoholics and drug addicts, I learned that success could be experienced even by those addicted to the most powerful chemicals, by helping clients to manage any of the discomfort associated with withdrawal.

Now that you have made a significant change by adding new foods and new patterns of eating into you routine, it is time to begin cutting out foods that are loaded with chemicals or foods low in nutritional value. From this point forward, you will avoid any foods with Trans fat, enriched and refined flour, and extra sugar or salt. Some might think it would be difficult to quit eating ice cream, cake, candy, white bread, and fried or prepackaged food. However, by overcoming the physical discomfort associated with breaking the cycle of addiction to these obesogens, you will have a very easy time.

I do a lot of work with cigarette smokers to help them be successful. The biggest challenge is getting them to break the habit and refrain from smoking for three days. For people who do not use hypnosis, they find these three days to be the most difficult. However, my clients who learn and use hypnosis find that even if they do have cravings, they are able to let them disappear easily by using these techniques.

In this session, you will commit to the three day challenge to be the best you can be by breaking the physical addiction to these nutritionally deficient foods. You can eat all you want to during this time period, as long as the food choices you make are healthy. If you are hungry or have a craving, use naturally sweet foods like apples and other fruit to fill yourself with a sense of success. Eating foods that are high in fiber, like bananas, are also good at helping people to manage any physical cravings.

To begin this session, get comfortable in your chair. You have already become accustomed to the process of hypnosis, and so as you relax, focus on

your breath. With each breath, relax more and more. Let any of your muscles become loose and limp, letting go of any stress. With each breath, exhale the old air and breathe in new life. It feels wonderful to make such important changes, doesn't it?

Now, continue to relax your body and mind. Anytime you notice tension in the body, let it relax and melt away. Do you notice how when you intentionally relax muscles, the tension slips away and feels like it leaves your body through the heels and into the core of the earth? All of the stress and tension you carry simply melts away. Notice how your mind has also begun to relax. Return to the imagery of yourself under a clear blue sky, on a beautiful day. Notice a single white, puffy cloud in the sky, and how it slowly and leisurely moves off towards the horizon. As it becomes smaller and smaller, there will come a point where it simply drifts off into the distance. Now both your mind and body are completely relaxed. Perfect.

I am going to count backwards from five to one. As I do, let yourself go deeper into that state of serenity that we associate with hypnosis. Each number will double the sensation of relaxation and serenity. Five, four, three, two, one….

I am going to teach you a strategy for managing withdrawal. Notice how you have created a wonderful state of serenity, calmness, and relaxation. It is a state that is the opposite of stress, tension, or discomfort. You have done this very quickly, in just a few minutes, by coming to this session. Anytime you need to in the future, you can instantly return to this state of calm. You can even do this in the midst of stress, tension, or withdrawal.

One way to accomplish this is with something that we call an anchor. An anchor is like an association. We are going to create an anchor between this feeling of serenity and comfort and a specific action. As you relax, breathe slowing, calmly, smoothly, and rhythmically. Focus on your right hand, thumb, and index finger. Without moving your arm or even your wrist, touch those fingers together for a moment. Touch your thumb and index finger together, relaxing all of the muscles in your body, except these two fingers.

Now, tense only the muscles in your index finger and thumb, pressing them together tightly. Pay attention to the calm in your mind and body and the sensation of pressing the fingers together. Now, relax. Relax your fingers like the rest of your body and breathe, in and out, becoming even more relaxed. We have now created an association between this state of calm and the action of pressing your fingers together.

Press your fingers together again. Pay attention to your feelings of confidence, relaxation, and commitment. It is almost as if the point between

those two fingers is a source of energy for success. Now, relax again. Perfect.

This anchor is very simple, yet quite powerful. Anytime over the next day, week, or month, if you find yourself feeling tension, stress, or withdrawal from low-nutrition food, just touch your fingers together. When you do this, you can bring yourself back to this point of calmness, serenity, and comfort. You will notice, like the puffy white cloud that floats off into the distance or like the tension that melts through your ankles and into the core of the earth, that any cravings that cause you distress simply disappear. They drift from your awareness and are replaced with an instant sense of calm and comfort.

You can do this anytime, without even closing your eyes and without losing focus on the tasks before you. You will benefit from this simple exercise by noticing that cravings pass quickly and by being aware of your new knowledge. You know that by giving into cravings, you only restart the cycle of addiction. This is something that you now have the power to give up by easily passing up any of the old choices that have contributed to your weight or poor health. Immediately, upon touching your fingers together, you will replace any old patters with healthy snacks, or even the ability to enjoy a normal feeling of hunger, rather than the toxic hunger that old patterns used to bring about.

You have made much progress and this short session has been designed to give you a specific skill. Take another moment or two to enjoy this progress and to recognize that something as simple as touching your fingers together can be an anchor that helps to guide you to a new chapter in life.

(Silence)

It is time to reorient to the room around you. Pay attention to your breathing, the air around you, and the feeling of sitting in the chair. Before you open your eyes, take in a deep breath and feel the power of health and your ability to control each and every sensation you experience. Take in another deep breath, feeling enthusiastic and aware, almost ready to open the eyes. Now, stretch out any muscles that need to be stretched and open the eyes when you are ready. You feel alert, oriented, and ready to enjoy the rest of the day.

Hypnosis Session 3:

Creating healthy habits, increasing physical activity, and enhancing self-esteem

In this session, we will focus on suggestions for healthy habits, increasing physical activity, and on your self-perceptions. You have learned a lot and have already experienced change that is helping you to reach your goals.

The induction I have chosen to guide you into hypnosis will help you to focus on your ability to shift your awareness to anything you choose. This will help you to implement those skills when captivated by an unpleasant emotion, feeling toxic hunger, or even in simply shifting your mood when it needs to be realigned. It might even help you to tune out the distractions in our busy world that sometimes just seem to add to the stress of life.

Again, it does not matter if you go into a deep and profound hypnotic state, only experiencing this process, or remain in a light trance, listening to each word. What matters is that you have decided to continue on this pathway of success.

Induction

Countdown Deepener

Some people fear weight gain, but as you have already experienced through hypnosis, you have the ability to control your body. You have the ability to relax, slow down your heart rate, and breathe slow, smooth, and rhythmic. You also have the ability to control your diet and increase your daily activities.

Although it is true that your body needs more physical activity to burn calories, you find that this is easy to accomplish. It is easy to accomplish because your body is now energized by oxygen, clean air, and restful sleep. It is not difficult for you to increase your activity level, go for a walk, or even go to the gym. Now, you have the energy and stamina to do these things. In the mornings, you will wake up refreshed and energetic, ready to take on the challenges of the day.

One of these challenges will be to exercise and burn calories through increased activities. It is not a difficult challenge to master, because deep within you is the desire to care for your body. You also know that you have total control over your body.

For some reason, I am always drawn to talk shows and TV interviews with people who have lost a tremendous amount of weight. Some of them are famous and some are not. What I find interesting is that almost all of these successful people, whether they used hypnosis, medication, or even surgeries, all have one thing in common. They have increased their daily activity level. Successful people like Jared from Subway, Richard Simmons, and Al Roker, all take regular walks. Some of these people have even attributed their incredible weight loss to walking, alone.

In the end, I think Jared’s success came primarily from walking to subway,

rather the food choices he made. Walking is the most affordable and easiest exercise to implement. You are already doing it each day. Simply add steps each day. Take more steps today than yesterday, more steps tomorrow, and even more steps the next day. This will help you to quickly and easily increase your success, your fitness, and your health.

You have already completed previous hypnosis sessions, so I know that you are sincerely motivated to continue your success. Go to any sporting goods store, or even a large general store that sells sporting goods, and purchase a pedometer. This will be a tremendous investment in your future, yet will cost less than fifteen dollars. By getting a pedometer, which is a device that attaches to your clothing and counts your steps, you can accurately measure your steps and continue to reach your goal of walking more steps each day.

Losing weight and keeping it off is very important to you. From this point forward, you will be able to see the weight you want to lose melt off your body. You will find that losing two to four pounds a week is an easily attainable goal. You will develop new eating habits that bring you happiness and satisfaction.

In the past, you ate more than your body needed for its energy requirements. From this point forward, until your goals are reached, you will eat slightly less than what your body requires.

After reaching your goals, you will find yourself eating exactly the amount your body needs. Let your body tell you how much nutrition it needs. The body is intuitive, and it will be easy for you to listen to it. Feed yourself only what you need for energy and health and then simply stop.

Relax into a deeper state of hypnosis and let these suggestions begin to take hold in your mind. You no longer eat fast. Instead, you will slowly eat your food, allowing your body to feel fuller and more satisfied with each bite. You will find that eating is no longer a task, but an experience like watching snow falling. It is refreshing and peaceful. The anxieties you have about eating are gone. From this point forward, you can eat with confidence, knowing that you are choosing healthy foods and nutrients. You will choose portions that are appropriate and no longer have the desire to “clean your plate”. You will eat until you are satisfied. Then, you will simply stop and choose not to eat anymore.

Relax. Let your mind wander as you enjoy peace and tranquility. You are giving up old ideas and creating new associations with food. From this point forward, you will feel that food meets your nutritional needs and you will cease seeing food as an item of comfort in difficult times. Instead, during those difficult times you will draw upon your ability to concentrate and focus. You will create happy and positive images in order to overcome negative emotions.

You will envision yourself in a circle of satisfaction, enjoying life as a thinner and healthier person.

From this point forward, you will give up old ideas and associations. You can see bread as a delicious food on its own, without the need for jellies and butter. Salads will be refreshing on their own and will not need the embellishment of condiments to become satisfactory.

Imagine that a blanket of snow has fallen, covering the ground. It is a deep snow, but as the daylight comes, it begins to shrink away. From this point forward, the portions of food that you serve yourself will also begin to shrink.

As you picture the snow melting away in the sun, imagine the pounds melting from your body.

Losing weight really is this easy. You are feeling refreshed with healthy food choices and you enjoy whole grain breads, lean protein, and leafy vegetables. This nutritional fare will give you a sense of renewed energy, enabling you to exercise more.

At first, you will simply walk each day. Then, you will move on to higher levels of physical activity, with each pound that is lost. Succeeding each week will reinforce your desire to experience more success. The reward you will give yourself is permission to continue losing weight, until you reach your goal.

Imagine yourself three to six months from now, creating a mental picture of how good you feel when the goal you have set becomes a reality. In your mind's eye, see yourself happy, free, healthy, energetic, thin, attractive, and abundantly hopeful. From this point forward, you will see food as a tool to assist you in caring for your body. You will see buffets as an opportunity to make healthy choices, in the correct portions.

From this point forward, you will see healthy foods as something you enjoy. Your automatic pattern will be to sit down while eating and to eating your food slowly. You will choose smaller portions of food and feel full and satisfied after just a few bites. You will be able to visualize pounds melting from your body, just as the springtime sun melts the piles of snow that have fallen in the night. From this point forward, you will use your renewed energy to engage in meaningful activities that expend energy and burn calories.

Hypnosis Session 4:

Relapse prevention, motivation, and continued success

There is no doubt you have benefitted from the previous sessions and have already begun to feel the profound changes within you. This fourth session is a short session, designed to give you the tools for relapse prevention. It will also promote continued motivation towards success.

This session also provides positive affirmation exercises. This technique integrates very well with hypnosis. Positive affirmation is successful because self-talk changes our internal dialog and can reprogram a lifetime of self-defeating messages with the truth. The truth is that you are able to create your success, restore your body, and be physically fit.

By now, you are very familiar with the process of hypnosis, so get comfortable in your chair. Begin by focusing on your breathing and relax more with each breath. Scan your body. Anywhere you are experiencing any remaining tension, let that tension melt away. Let it disappear from your body, draining down, down, all the way down. Let it leave your body through the soles of your feet. Let that energy of tension be consumed by the core of the earth, leaving you deeply relaxed.

Although you know you could open your eyes or move your body, you will find it much easier to relax deeply. Let your muscles be heavy and your body be comfortable. Focus your attention on your breath. Notice how it has become smooth and rhythmic. Your heartbeat is calm and regular.

I am going to count backwards now. Five, four, three, two, one. Perfect.

You have made many changes by adding new things to your life and by reducing those things that were not helpful to you. You have found that the benefit of these changes is increased energy, a slimmer body, and a wonderful feeling of health.

It is now time to ratify this commitment that you have already taken action on and remove any possibility of returning to unhealthy patterns of eating. This moment is a special time to make a commitment to yourself to be good to your body, good to your mind, and good to your spirit by making these changes permanent. What you have embarked on is far different than a diet. Rather, it is a permanent change that treats your body exactly the way nature intended for your body to be treated.

Chances are that in your city there are places that you drive past that were once empty parcels of ground. Years later, people have moved and situations and changed. Now, these empty parcels have been replaced with vibrant signs of life, commerce, and human activity. You also have a vibrant new way of living, with new places to shop, new ways of seeing the world around you, and new feelings of health. When you drive by these places, it is clear that they will never return

to the empty parcels of ground that they once were. They will always be vibrant centers of activity and life. The old has passed away. You have entered a new chapter of life. Without missing the past, only accepting what it once was, your new habits and new patterns are the new “you”. These new habits bring health, vitality, and success.

As you shed pounds, feel energetic, sleep better, and even save money, you intuitively prefer this new manner of living. You choose to grow in your knowledge of nutritional eating, reading books, and viewing websites that will help you to continue to expand beyond the knowledge of these sessions.

It is remarkable how you still experience the color green as being sharper, brighter, crisper, and clearer. You notice it more often, too. It brings with it a sense of empowerment and success. It is also amazing how returning to a point of decision, serenity, or success, can easily be accomplished by touching the fingers together. These things you have learned and practiced over the past few weeks will remain a part of your lifestyle, bringing a permanent sense of well-being in every aspect of life.

Affirmations are a wonderful part of a healthy lifestyle. We only act on what we believe. Therefore, telling yourself the truth is important to hear and it contributes to adapting new patterns of behavior. As you relax, I will share some affirmations with you. You can repeat these affirmations after I do, either silently or out loud, making them your own words and letting them become part of your life. The first three affirmations are about you as a person. The next three focus on your behavior. Finally, the last three focus on your future.

Repeat after me:

1. I am worthy of caring for myself.
2. I am a healthy person.
3. I am a secure and significant.

Now, let’s look at three affirmations relating to your behavior:

1. I choose foods that are high in nutritional value.
2. I look for ways to increase my activity each day.
3. I care for myself by planning my meals in advance.

Now, let’s focus on the future:

1. I create health, each and every day.
2. I am able to create my own vision.
3. I am becoming who I want to be, each and every day.

At this point, you have experienced a lot of change. You can take time for yourself each day to practice setting goals, focusing your energy, and experiencing success. You can congratulate yourself for doing very well and making so many changes. It is good to review these positive affirmations and make them a part of your lifestyle. You can even create your own affirmations.

FEAR OF DYING DURING SLEEP

Pre-Talk

Hypnosis is a useful tool to help those with sleep disorders to regain a sense of control and rest. After all, the word hypnosis comes from the root word *hypnos* meaning sleep. Without seeking a solution to sleep difficulties, many sleep-related concerns can develop. This may include problems in which a person tries to stay awake physically, longer than the mind can stay awake. This often results in a hypnotic state where hallucinations, sensations of being out of the body, or other distressing symptoms can emerge. Of course, these symptoms are not harmful. However, they can generate even more fear, thus perpetuating the cycle. This script is designed to help you to regain control over sleep; a natural part of life that restores, heals, and brings us the energy we need.

Sometimes, people develop a fear of sleep because of medical symptoms. Other times, this fear develops because of hearing stories of people dying in their sleep. In reality, sleep does not cause death. Sleep is a vital, healing force. When one dies in their sleep, it is because a medical problem unrelated to sleep emerged. This is not dying because of sleep. A person can learn to overcome a fear of sleep by increasing their awareness of this reality. Sleep does not cause death; sleep creates healing.

Even in the face of logic, this feeling of fear is held on by many. This hypnosis session is designed to help you to do several things. First, it will help you to gain a sense of control over your sleep. I will give you both an auditory process for awakening yourself at anytime and a visual cue to help you accomplish this. Once these are learned, you will be able to alert or awaken yourself at any point. It is something you can use to let yourself sleep deeply with confidence, knowing that you have an ability to reorient yourself and emerge from sleep at any time.

This session will also contain stories to help you to learn new ways of feeling safe and putting yourself into a deep and comfortable sleep that you can control. It will include some direct suggestions for setting aside your fears. By the time we finish this session, you will be able to leave with confidence and enter a new chapter of life that is free from anxiety and fear. You will have the knowledge that with each moment of life and with each breath, you are safe and secure.

Hypnosis is not the same thing as sleep. It is an experience of deep relaxation that will allow you to focus on learning a process of how to sleep better. Hypnosis is perfectly safe. Throughout the session, you will always hear

my voice and you will always be present. You will also feel a sense of health, as the body naturally and effortlessly rests.

Induction

You can begin by closing the eyes, if you like. Although you will be very relaxed, you will never be asleep. Throughout this process, you can move, cough, swallow, or readjust to create a greater sense of comfort. If your eyes aren't closed yet, close them for a few moments and recognize that these things won't disturb you. They will simply help you to become more comfortable and more relaxed. In addition, know that at any time you can open your eyes and reorient to the room if it will help you to feel safer. All you will need to do is count from one to three, in your mind, and you will find it is easy to open the eyes. In fact, try that now. Count to three in your mind and open your eyes…

See how easy it is to open the eyes? You are doing perfect and I am here with you to show you how to do this. In sleep labs and research centers around the country, they spend time teaching people how to sleep and how to control their fears about sleep. That is exactly what we are doing here, today.

Now, close the eyes again. Notice any part of the body that is carrying the tension of the day. Often, one who has not been getting enough rest or has been feeling anxious will store that tension in specific muscles. It could be the muscles of the brow or the eyes. It could be stored in the joint of the jaw, the shoulders, or the back. Take a moment to release that tension and just let those muscles relax. It feels pretty good to release that tension, doesn't it?

Now, imagine that right in front of you is an imaginary wall with a light switch. Imagine easily being able to reach it and having the ability to flip this switch. By flipping it to the "on" position, you will instantly be able to reorient and be awake. Flipping the "on" switch will enable you to open the eyes and return to a comfortable place in the chair. And, by turning it off, you can instantly allow yourself to close the eyes and return to this relaxed state.

In fact, you can try that now. Imagine flipping the switch on and opening the eyes, comfortably paying attention to me, to yourself, and feeling safe in your chair. That was easy, wasn't it? Throughout this process, if there is anytime you want to become fully aware of this room and your body, no matter where we are in our session, you would be able to choose to either count from one to three in your mind and open your eyes, or imagine flipping the light switch on. You can even do this when you are asleep, at night.

Are you comfortable with this process? If at anytime you are not, or if you have a question, you can count to three or turn on that switch and ask me anything. I will be here with you the whole time to help you enter this new chapter of life. This new chapter is one in which you will learn to sleep with

security and safety.

Now, close your eyes and focus on your breath. With each breath, breathe air into any part of the body that is tense. Let that tension melt away and let the muscles become loose and relaxed. As you relax, focus again on your breathing and how each breath turns into an exhalation somewhere deep in the lungs. You neither have to try to speed up nor slow down your breathing. Our body knows how to breathe without our conscious direction. So, simply use the breath as a focal point for your attention.

The art of mindfulness is about paying attention to this moment; not the one that is gone and not the moment that will arrive, but this one right now. By focusing on the breath, you are brought fully into the awareness of this moment. Notice how this moment feels with the body relaxed and with me here with you. Notice yourself, just breathing in and out, with the eyes closed. You are doing perfect.

Anytime you feel anxiety or fear in life, even when you are not trying to sleep, take time to focus on the specific moment. You can do this by breathing in and out and focusing on your breath. If you do this several times a day you will begin to develop the skill of returning to the moment, bringing a tremendous sense of freedom. After all, yesterday is gone, tomorrow is a mystery, and all we have is the present. The present is a gift to you. In the present we find security, breath, safety, and that we are exactly where we are supposed to be at this moment in the universe.

I am now going to guide you through suggestions that will help you to develop a sense of control when sleeping. Let yourself drift, both physically and mentally, into a deeper state of relaxation. I will be here with you. You will not be asleep, just deeply relaxed. You are doing perfect. Let any remaining tension in the body relax. Relax the muscles of the neck and shoulders, the upper arms, and even the tiny muscles of the fingers. As they relax, note how heavy they are and how, as the muscles in the eyes relax, the eyelids become heavy.

Now, think of warmth just like that on your skin on a bright and warm day. As your hands feel very heavy, allow them to feel very warm, as well. There is now warmth and heaviness in your hands. Say to yourself, “My hands are warm and heavy. My hands are warm and heavy.” In fact, you can let that warmth be an experience from head to toe, feeling warm but never hot. Feel that warmth relaxing the muscles of the toes and feet. The lesson here is that you can create sensations within yourself. This isn’t just limited to warmth and heaviness. You can also create experiences of life and energy.

Mindfulness

And now, relax even further. With each mindful breath, set aside any

outside thoughts. Simply, return to the breath if thoughts do come. Just let your thoughts be thoughts, without attaching meaning to them and without seeing them as fear. Just be safe where you are and see these thoughts as simply thoughts. You can let them arrive in the mind and then depart, without paying any attention to them.

As you relax, forget to pay any attention to any thoughts that come. Go deeper and deeper into a state of relaxation. In this state of deep relaxation, you have already learned many things. I am here to guide you as you learn. You have done a great job, letting go and learning. In a moment, you will be able to release, now and forever, any fears or anxieties that are either known or unknown.

To begin, imagine that you are outside on a perfect day, under a clear blue sky. Imagine yourself in a wonderful place that you have been before, a place you want to visit, or even of a place entirely of your own creation. Now, bring all of your attention to a single white, puffy cloud. Watch it float leisurely and lazily through the sky. Watch it as it slowly moves off towards the distance. You can cast anything, known or unknown, that is keeping you tied to your fear, into that cloud. You become ready to let these things go forever. Of course, there will come a point where that puffy, white cloud drifts off into the horizon. It will be at that point that the mind and body are relaxed. You will not be asleep, just deeply relaxed. In this state, we are the most open to learning new things and finding new ways of being healthy.

First, I am going to share with you what is called an indirect suggestion. In fact, I am actually going to read a short poem to you. As you relax in mind and body, experience the message and the truths contained. Simply allow yourself enjoy the poem and this time. Although it is only a short poem, it is a poem that you can experience now. When you rise from this session, you can directly experience it in you own life. It goes like this:

Allow yourself to become
Intimately connected
With all your parts.
So free, to have options
And to use those options
Freely and creatively.
To know that whatever
Was in the past,
Was the best we could do.
Because it represented the best we knew.

It represented the best in our consciousness.
As we move toward knowing more,
Being more conscious,
We also then become
More connected with ourselves.
And in connecting with ourselves,
We can form connections with others.
- by Virginia Satir

Countdown Deepener
Direct Suggestion

I am also going to give you some direct suggestions. Of course, these are not suggestions that come from me. Rather, they are suggestions that you have asked me to make by coming here today. They are suggestions that you can easily and quickly act upon, finding that at the end of our session you will no longer return to sleepless nights. Instead, you will enjoy secure and real sleep that heals and helps the body.

As you climb into bed each night, you will focus on your breath, using that as a point of attention. You find that anytime you are distracted by any thought, fear, or worry, focusing on a simple breath will allow the intrusive thought to disappear. In your sleep, you can either count to three or use the mental light switch any time you choose. Just as in this session, using one of these methods will let you open your eyes and reorient to the room.

As you practice a moment of mindfulness each night, you will bring yourself back to this state of deep relaxation that you have created here. You find that from this point it is easy to drift into a deep, natural, and healing sleep. You will also find that each morning you will awaken five minutes before the alarm by listening to your internal clock. You will wake up feeling refreshed and ready for the new day!

Anytime you awaken in the middle of the night, let any thoughts, dreams, or images that exist, just be present. Let them be, without attaching judgment or meaning to them. Simply, focus on the breath and let them disappear into the night. Allow yourself the freedom to be secure in knowing that now is not your time for death, but your time for life. We know this because your vibrancy and desire to live is paramount to any irrational fears that may have existed.

Begin your sleep each night with an affirmation that you repeat to yourself three times, “I am safe and secure. I control my body and my mind.”

Awakening

FINANCIAL CRISIS MEDITATION

There are a lot of meditations that teach abundance and how to create an attitude of prosperity. However, there are few meditations designed to give you a sense of calm and security in the midst of financial crisis. This guided meditation will help you to focus on developing emotional and physical calm during financial hardships. This is important because the key to financial prosperity is to have an emotionally grounded starting point. Your future success is only dependent on the actions you take now, not past realities. This meditation is your starting point for feeling calm in the storms of life and being able to rise above any insecurity to develop clear direction.

To begin, get in a comfortable position so that you can spend some time transcending past stress. Take some time for yourself. Most people benefit from sitting with their backs straight and aligned. Although you can focus your attention on a spot in the distance, many people find that by closing their eyes, they derive the greatest insight. This meditation will be about five minutes long and our time will begin and end with a bell tone. You can learn the principles of meditation in this session and then practice on your own.

(Sound bell)

Now that you have found a comfortable place to still the body and the mind, begin by scanning your body. Anywhere you are carrying the tension of the day in your muscles, simply let them relax. Pay attention to the small muscles of the brow and around the eyes. Let them relax as well. Often, tension related to financial stress is held in the jaw. You can even allow these muscles to relax. Despite the tension of recent past, you have an ability to relax. With practice, it will become more comfortable and natural for you.

As you relax, notice that your breathing becomes slower and more natural. As you listen to the quiet in the room or hear the distant sounds of others outside of the room, give yourself permission to enjoy this time of developing calm in the midst of crisis. By doing so, you will be able to stop any feelings of crisis and find a starting point for the future.

As your hands rest on your lap, let them feel very relaxed, very heavy, and very calm. Again, scan your body and relinquish any remaining tension. Relax any remaining tension held in the shoulders, back, or legs. Now, notice your breathing is slower and calm. In just a few moments, your heart rate has even slowed.

This basic process of physical relaxation can also be used to still the mind. To this point, a great deal of turmoil and stress may have been in the forefront of

your thoughts. However, you can also relax the mind by simply focusing on the sensation of the mind. Just like you were able to relax your muscles, you can let the mind relax. For many, this will come as a feeling of lightness around the eyes and brow. Yet, some feel different sensations or even no sensation at all. What is most important is that you have taken the time to deeply relax amid a storm. Like all storms, no matter how severe, the time for them to pass always arrives. In this time you have taken for yourself, you have established a path for a new beginning. Even though the direction may not yet be seen, this is the beginning of that pathway.

Return your attention to your breath. Notice that without trying, you have continued to take each breath. Also notice that by focusing all of your attention on something as simple as your breath, you are in this moment. In this moment, you are safe and secure. Experience this exact moment and continue to breathe, in and out, feeling a sense of calm in both mind and body. In this moment, speak to yourself. Say to yourself, “I have exactly what I need at this exact moment. I have exactly what I need at this exact moment.”

This moment is yours. It is a moment of calm and a moment of renewal. Just as a storm always passes, this moment marks the beginning of something new. Deep inside of you is a reservoir of hope and the power to fulfill your divine destiny. In this moment, breathe and feel the breath, embracing its calm. Just as the next breath always comes, new opportunity awaits you. Embrace this reality. It is the truth of this moment that is calm, serene, and relaxed.

In the moments that remain, focus on the present. See it as a starting point for the future. Experience the power of now and find that at this moment, your higher self is present to guide you. A few moments of silence await you. In this stillness awaits your freedom.

(Sound bell)

During crisis, meditation can be a source of stability. There are many meditations available to help you find abundance, contentment, and success. Meditation practice should be repeated on a daily basis. It is also useful to write the following affirmation on a note above your desk, on your bathroom mirror, or another place where you will be reminded of its truth on a daily basis, “I have exactly what I need at this exact moment.”

CHOCOLATE AS MEDITATION

You may be familiar with an NLP method called the Godiva Chocolate Pattern. However, this mindfulness meditation is even more delicious to learn because we are going to use real chocolate. There are even health benefits associated with dark chocolate that contains a high cocoa content. So by doing this meditation, you will not only learn mindfulness, but you might also derive some health benefits from the chocolate.

Mindfulness meditation is about paying attention to the present without judgment, and being able to step away from past trauma or future anxiety. The goal of any meditation is not to simply set aside time to meditate, but to make what you experience during these learning times an automatic response in life. This is the heart of any successful meditation program. Imagine what life would be like being free from concern over the future, which we cannot truly predict, and being able to let the past just be the past. Instead, focus attention on the present.

For this meditation, you will need some chocolate. Alternatively, this exercise could be done with raisins or grapes. You will find tremendous benefit if you make meditation a part of your daily practice. I recommend that you practice twice a day for twenty-one days. The value is not in the time spent, but rather in what you learn either consciously or experientially about the control you possess to live in the present. People experiencing stressful change, grief, and even those with physical problems such as Fibromyalgia, can benefit by practicing this exercise. The goal is to make what is learned an automatic part of life.

To begin, open the chocolate and break off a few very small pieces. The smaller the piece, the better it is for this exercise. You can do this with the eyes open or closed. I tend to enjoy meditation with the eyes closed. Your hands should be in your lap, not clasped, but simply resting independently.

Now, take a small bite of the chocolate into your mouth. Pay attention to the taste of the chocolate and the feeling of it melting, as it is coated with saliva. Involve yourself in the experience of each flavor and each taste of this chocolate. So often, we simply eat a candy bar without being mindful of it. This practice of mindfulness draws us into the very moment where we are living and away from any cares or concerns.

Take another piece of chocolate, enjoying the taste. As you eat the chocolate, note its scent and its mix of flavors. Note the texture and even the body’s response to chocolate. Gently push aside any thoughts that come into

your mind by involving yourself fully in the experience of eating the chocolate. Recognize that thoughts are just thoughts and at this moment, while eating chocolate, thoughts are unnecessary. Of course, it is normal for the mind to think, especially during such a mundane task as eating chocolate. But by taking this time to focus on learning how to really be mindful to the present, you are building a spiritual skill for handling any of life's concerns.

Have another small piece of chocolate. Again, savor this piece of chocolate. Know that even though the meditation will soon be over, you can revisit it at any time.

GUIDED MEDIATION: RISING ABOVE THE STRESS OF LIFE

This mediation technique can help you to rise above stress and manage life with calmness, serenity, and courage. Stress is, of course, very real. The pains you have experienced are also quite real. However, the power of the mind to rise above stress is also real. If you practice this meditation on a daily basis, you will have exchanged an old pattern of ruminating on stress with a new pattern of rising above all that has tormented you in the past. It will help you to face any stressful event with courage.

This technique can be utilized by anyone, anywhere, regardless of their religious or non-religious beliefs. The results for those who practice this meditation on a daily basis will be profound change in your automatic ability to succeed, by leaving the paralysis of stress for the power of your own thoughts.

Give yourself fully to this process and you will actually feel the sensation of rising above life's stress. At the end of this meditation you will feel a sense of serenity, despite real difficulties, and a sense of courage regarding situations that previously frightened you. Relax and close your eyes. Scan your body. Are any muscles tense and stiff? If so, focus on these muscles and notice your body's natural ability to choose to relax these muscles. Notice how the lightness of relaxation begins to soothe these tense muscles, helping you to relax even further. Now, focus on your breathing and let it become slow and comfortable. Each breath brings oxygen to each cell of the magnificent body, bathing your cells in deep relaxation. Perfect.

As you practice this exercise over several weeks, you will find it easier and easier to relax both mind and body. Each time you do this meditation, you will experience greater depth in serenity.

Now, notice how you feel physically. Notice the feeling of heaviness in the muscles as they relax. Notice this sense of heaviness in the eyelids and even notice the weight of your resting hands, so very heavy. They feel so deeply relaxed and heavy that even though your mind knows that you could move them, moving them isn't something you care to do. You are enjoying this stillness, if even for a brief moment during a busy day. Now, notice your feet also feeling very heavy and deeply relaxed. Perfect.

With the creative part of the mind, imagine you, the stressed you, heavily relaxing in this chair. Also imagine a new you, a courageous you, composed in that part of the mind where creativity exists. This "courageous you" begins to feel a sense of lightness. It is a lightness that transcends any stress and a lightness that feels as if it can rise above you. Feel that creative and courageous

you, now. It is that part of you that knows it can handle any situation; that part of you that is capable of healing during difficult times. Let that feeling of lightness begin to float out of you and above you, as if the real you has found a way to rise above the stress.

As you both relax and float, allow that creative part of your mind to continue to imagine the real you, the creative and courageous you, rising above all stress. You can even traveling high up and far away to see yourself transcending both the place where you are and the time constraints imposed by stress. Allow yourself to enjoy the feeling of being beyond any limitations, deadlines, or stress. Just feel the sensations of serenity, peace, and freedom.

You can let you mind drift, dream, and float, becoming detached from any worldly stress. Rise above to a higher place, a place where your higher self can truly succeed and use all of the internal strengths that are deep within you.

Pay attention to your feelings of confidence, freedom, and joy. These are not states that I have created, but rather states that you have created by simply taking a moment for yourself to set aside stress and tap into your inner resources. It feels good to tap into these inner resources and to confidently know that these can be accessed at anytime.

Now, unite that higher self with the old self, just like a soap bubble gently floating to its resting spot. Allow that lighter, higher self to drift back into an awareness of your relaxed and heavy body. You realize that while this mental exercise has been an interesting experience, you always carry the ability to feel and see beyond stress.

GRATITUDE MEDITATION

A metaphor is a figure of speech that illustrates or associates one thing with another. It is used in meditation to help a person learn how to associate new lessons with simple actions. In this ninety second meditation, you can practice experiencing gratitude by associated it with each breath. It is important to pay attention to what we are grateful for. A spirit of gratitude will break through negative emotions and transcend the very real difficulties of life. By cultivating an awareness of gratitude, this meditation can turn bad things into good. Practice this ninety second meditation each day for several weeks. By doing so, you will find that a new spirit of gratitude becomes an automatic pattern of awareness. You will also find that resentment and hurt begins to fade.

To begin this meditation, sit comfortably in your chair with your back straight and your feet on the floor. Your hands should be resting in your lap. As you sit comfortably in your chair, begin by taking in a deep breath. Breathe in through the nostrils and feel the breath enter your lungs. Now exhale. Notice that by taking a breath and paying attention to it, you notice a feeling of calm. Breathe in again, paying attention to the breath, and exhale feeling calm and relaxed.

As you continue to breathe, naturally and easily, let yourself feel a sense of gratitude. As you exhale, think of one thing that you are thankful for. Inhale again, feeling the sensation of gratitude. Then exhale, thinking of one thing you are grateful for.

Do not worry if it is hard to think of something you are grateful for, at first. With each breath, you will find it becomes easier and easier. By practicing this each day, it will become automatic.

Inhale again, sensing gratitude. Exhale and think of a thought, an image, or even hearing the sound of something you are grateful for. Continue to practice this, with each breath, for the time remaining.

TRATAKA (OBJECT) MEDITATION

One of the most popular forms of meditation is an object meditation. This technique is used to increase concentration skills and is very useful for those who are easily distracted and unfocused. It can also be used as a skill-development tool for those who need greater concentration acuity, like surgeons or top athletes. Of course, everyone can benefit from Trataka meditation. It is an enjoyable way to meditate and it is easy for beginners.

For this meditation, you will need an object that is attractive to you. People often use a small candle and focus on the flame. Shells also make beautiful and natural objects to focus on. Many people enjoy using a flower, a small statue, or even something as simple as a coin or medallion. Place the object you will be focusing on a few feet from where you are sitting and sit comfortably in a chair or on the floor.

Almost immediately you will find improvement in your concentration ability and sense of well-being. By returning to this method on a daily basis, you will find a dramatic change in your ability to feel clear-headed and focused in almost every situation. I will use a bell to mark the beginning and end of the meditation.

(Sound bell)

As you sit comfortably, begin by focusing your attention on the object that you have selected. As you look at the object, bring your attention to its presence. Notice its shape, color, texture, and energy. As you continue to focus on this object, breathe in deeply, filling your lungs with air. Breathe in with a deep belly breath and then exhale. Keep your focus on the object that you have chosen.

Let the awareness of this object be a part of your mind and observe each characteristic of it. If other thoughts enter your mind, gently push them aside and return your attention to the object.

Now, breathe in again. Breathe in life’s positive energy and exhale to release anything, either known or unknown, keeping you from your full potential.

With your attention focused on the object before you, enjoy its magnificence. Experience the object and its natural beauty. Feel your emotions without judgment, simply noting them.

Continue breathing in and out, while keeping your attention focused on the object and experiencing it fully.

(Pause about 20 seconds)

(Sound bell)

Many people can benefit from this exercise. By practicing this meditation several times over the next few weeks, you will notice an improvement in your natural ability to feel a sense of well-being. You may even want to extend the time that you that practice this exercise by meditating for longer and longer periods of time.

SENSUAL MEDITATION

Research shows that meditation is an effective tool for managing many aspects of our health. Sexual performance and satisfaction is also greatly enhanced by a regular meditation practice, benefiting both men and women. The use of meditation to enhance intimacy and sexual satisfaction is not a new trend. Historically, meditation has been used in this context for thousands of years.

Of course, this meditation is rated G. Its goal is not to tease or entice, but to help you to simply become more comfortable expressing your sensual side and embracing your sexuality. Back in grade school, we all learned about the various systems of the body like the nervous system, digestive system, and the reproductive system. One-seventh of who we are as human beings is sexual. Overlooking this vital aspect of our being is to miss out on one-seventh of who we are as a person.

For this simple meditation, get comfortable in your chair. Keep your back straight and in alignment. Close your eyes and let your hands rest in your lap. This basic meditation technique includes affirmations and awareness. By practicing this meditation on your own for several weeks, you will begin to experience an enhanced sense of sexual satisfaction.

(Sound bell)

As you begin this meditation, scan your body for any areas of obvious tension. Let yourself breathe naturally and calmly, without any effort. If you notice any areas of the body holding tension, simply release that tension and let those muscles become heavy, warm, and relaxed.

Take this time to see yourself as a whole and pay attention to your entire being in body, mind, and spirit. Embrace the sensual part of your being by telling yourself this affirmation, “I allow myself to embrace all that I am intended to be.”

Say that again, out loud or in your mind. “I allow myself to embrace all that I am intended to be.”

As you enjoy this time of meditation, begin to become aware of that part of you which is sensual in nature. Obviously, we associate certain parts of our body with sensual pleasure. However, deep within our mind is that part of us which is sacred and desires completeness. Allow yourself to recognize that one aspect of this completeness involves expressions of intimacy and sexuality.

Say to yourself, “I embrace the part of me that is sexual in nature.” Repeat that affirmation again. “I embrace the part of me that is sexual in nature.”

Although some might find it strange or difficult to reconcile feelings with

these affirmations, the more you practice, the more these affirmations will become real, comfortable, and positive.

Continue to relax, breathing naturally and easily. With each breath, let yourself feel complete and whole. As you meditate, relaxing in this safe and sacred place, recognize that you have a right to be you and that healing from any pain or unhappiness comes from within. By taking the time to practice and be comfortable, you can embrace that part of you that enjoys positive feelings of pleasure and satisfaction.

Continue to breathe, in and out. With each breath, become more deeply content, accepting, and loving of yourself. Allow yourself to be all that your creator has intended you to be. Now, say to yourself, “I am created to be wonderfully whole.” Again, repeat the affirmation, “I am created to be wonderfully whole.” Once again, say, “I am created to be wonderfully whole.”

Continue for the next few moments to enjoy the awareness of who you are, and embracing all that you are intended to be.

In a few moments, I will ring the bell. Right now, simply continue to be still and feel safe, complete, sensual, sacred, and positive.

(Fifteen second pause)

(Sound bell)

This simple meditation for beginners utilizes three affirmations and methods of awareness to facilitate healthy sexual expression. For most, this basic meditation can be the starting point for more advanced methods of using meditation for sexual healing and wholeness. You can practice this meditation and repeat these affirmations several times over then next few weeks. As you do, you will undoubtedly find comfort and satisfaction with that sacred, sensual part of yourself.

EXPERIENCING OPEN-EYED TRANCE

A lot of people wonder if they can be hypnotized. Some even wonder if they can be hypnotized with their eyes open. Hypnosis is not a mystical state, but a natural one. It is a state where we are open to learning, new ideas, and change. It doesn't matter if a person's eyes are open or closed. Nor does it matter what words the hypnotist uses.

Think of a state such as happiness or security, which you would like to feel more often. You can even think of an action or habit that you would like to change, such as becoming more relaxed or feeling confident.

In this session, you are going to have the opportunity to experience hypnosis. All that is required is that you set aside a few minutes to create new experiences and open your heart and mind to positive change.

I always find beautiful sunsets hypnotic. Whenever I take the time from a busy day to stop and really look at a sunset, I always find that my stress slowly melts away and my spirit is renewed.

Therefore, I encourage you to take a moment to imagine a beautiful, beach sunset, while keeping your eyes open. Focus on the center of this mental image, where the sun in all its brilliance and magnificence, is just beginning to set over the calm sea. As you look at the sun, think of the word "warmth" and let yourself begin to feel a sense of warmth. As you relax, notice any places in the body where you might be holding on to tension. Let those muscles relax and simply enjoy the feeling of warmth, as you focus on this magnificent sunset.

You might find your mind wandering a bit, looking at the waves in the sea, noting the various shades in the clouds, or even drifting to other thoughts. That is okay. After all, thinking and creating is what minds do. If you notice your attention drifting, simply return your focus to the center of your mental image, watching as the sun sinks lower and lower into the horizon.

Once the sun begins to set, it often moves quickly. There is a particular vantage point in Hawaii where the sun always sets in one hundred and eighty seconds. In just three minutes, the bottom of the sun touches the sea and the top of the sun disappears, bringing out the night sky.

In these three minutes you can choose to simply observe this remarkable change, admiring its beauty and power. Or, you can choose to use these three minutes to change as well. Think about a change that you would like to make. It might be that you want to be more loving or that you want to feel more happy and alive. It can be a simple change, like the decision to take time to notice what is beautiful in this world. Or, it could be a complex change like controlling a

habit or making a tough life decision. You can use this time to complete this change, right here and right now, as you enjoy the mental imagery that you have created.

You see, hypnosis is not a magical or mystical state. It is simply opening the mind to new possibilities. It is clear, from your focus on the mental image on the sunset, that you have undoubtedly made the decision to explore these possibilities.

Each night, the sun sets. Sometimes we notice it and sometimes we don't. However, each day the natural world goes through many changes. These are changes that, when we take the time to consider them, seem almost impossible and absolutely magnificent. You are also a part of nature. Just as the daytime makes way for the night sky, no matter how impossible or difficult something may seem, you can make complete changes.

Do you notice how relaxed you already feel? Do you notice how relaxed your breathing is and how smooth and rhythmic your heartbeat is? Do you see how focused you are? This is the magnificence of our mind and of the natural state of hypnosis. As easily as you can focus your attention on the magnificence of the sunset and notice a feeling of warmth, you can make the commitment to action and change.

You subconscious mind knows the path that is best for you and you have made the decision to take action. You will find that over the next day, week, month, and year, following through on these changes will be second nature. Each and every day as the sun sets in the sky, it will be a reminder of your new attitude, new habits, and the power you have to manifest a new chapter of life. Say to yourself, "I am ready for a new opportunity. I am calm and relaxed. I am ready for a new chapter of life. "

Now, take a moment to survey how you feel physically, emotionally, and even in your spirit. Do you notice the difference? Take in a breath, filling your lungs with revitalizing oxygen. Stretch out any muscles that need to be stretched and enjoy this feeling of empowerment. Congratulations, you now know the power of your own mind and how to experience waking hypnosis.

WATERFALL OF POSITIVE EMOTION

This session is designed using the principles of hypnosis to assist you in ending feelings of anxiety, anger, and depression. Many people who use the principles of hypnosis or meditation find that taking a moment to re-center in the middle of life's turmoil is a great way to relax. You might even wonder if something so simple can really help. The answer is yes!

There is hope for ending depression and it comes from the desire to be happy that is already inside of you. You can find calmness from anxiety and you can even give up stress, anger, or frustration by practicing these simple ideas.

You deserve a few minutes for yourself. By taking this time, you are already on your way to feeling content, calm, and hopeful. Uncross your legs and arms and let your hands rest comfortably in your lap.

With your eyes open, imagine a beautiful waterfall. Focus your attention on the moving water. I love water. For some reason, watching moving water always brings me a sense of peace. Perhaps it is because moving water represents the power of life. Or, perhaps the movement simply distracts me from my stress. Either way, I find that every time I watch water move, such as waves in the sea, a fountain, or waterfall, I feel calm.

As you relax, scan your whole body. If there is any place where you are holding tension, let those muscles become loose and relaxed. Often, we don't even notice where we are carrying tension until we make the conscious choice to do a body scan. Then, we can make the choice to let those muscles relax. Continue to focus all of your attention on the image of the waterfall that you have created. As the water flows, let any immediate stressors or anxieties flow with the water away from you and to a far and distant place. Many will find this easy to do. However, others might experience initial difficulty. Perhaps this is because stress has been a part of life for so long that letting it go is something that takes time. That is perfectly okay.

Notice how your body has become more relaxed. After focusing your attention for so long on this image that you have created, your eyes might be tired or heavy. It is perfectly okay to let them close and use this time to re-energize the body, mind, and soul. Go ahead and close your eyes and use your imagination to drift into the scenery of the waterfall.

Pay attention to your breathing. Notice how it has become slow, smooth, and rhythmic? This isn't even something you have tried to do, but something that comes naturally by taking a moment for yourself and letting go of any obvious tension.

As your hands rest on your lap, notice the sensation of relaxation and calm that you have already achieved. Now, say to yourself the word "warm" and focus on your hands, letting them feel a sense of warmth. Say to yourself, "My hands are warm". As you do, notice the sensation of warmth that you have created in your hands. Now, say the word "heavy". Notice how heavy your resting hands are while you say to yourself, "My hands are warm and heavy". Once again, "My hands are warm and heavy".

Now, focus on your feet. Say to yourself, "My feet are warm and heavy". And again, "my feet are warm and heavy". It is amazing how as you say, "My feet are warm and heavy", you can begin to feel that sense of warmth and heaviness.

Our first lesson is that we can control the way we feel. This is true both physically and mentally, no matter how difficult life situations are. That sense of warmth and heaviness brings a sense of relief from the weariness of life. It allows you to recharge the mind and body in the time that we have in this session.

Now, focus on your breathing and notice that it is smooth and rhythmic. Relax deeper with each breath you take. Although it may feel magical to relax this deeply, especially since you haven't felt this calm in a long time, this is a totally natural state. It is not a state that I have created. You have created this state and you can re-experience it at any time. I will teach you how to do this in a moment.

First, it is time to focus on your desire to be free from pain or anxiety, by feeling a state of calm. Notice how the sense of heaviness is like a calming anchor, allowing you to feel physically calm, even if your mind might wander or race. Perhaps you desire to experience hope rather than depression. By participating in this simple exercise of creating warmth and heaviness, you can see how you have a creative ability within you that can also create the experience of hope.

Water always makes me feel hopeful. I don’t know why, but it does. Perhaps it is because it reminds me that nothing stays the same or perhaps it is because its power and energy revitalize my spirit. Do you desire freedom? Do you desire success? Take a moment and create an affirmation that reflects your heartfelt desire. You can say something like,”I am free from stress" or "I can create hope from the inside". You can even focus on a single word like "happiness", “serenity”, or "forgiveness".

As you continue to enjoy your mental image of the waterfall, take a moment to focus on the word or affirmation that you have chosen. Repeat it in your mind, seeing it spelt out and hearing yourself speak these words. Notice the

feeling that these positive words or affirmations bring. It really is amazing how simply repeating a word or affirmation can manifest it into reality, but remember that all creations were thoughts, first. To be hopeful, to be calm, to be forgiving, you must first begin with a thought. Then you can truly experience all of this and more, each day.

Like a heavy rain that fills the stream that leads to the river and into this waterfall, you can reinforce this thought. Write your affirmation or word onto a sticky note and place it on the bathroom mirror, your dashboard, or the monitor of your computer. Let it be a constant reminder that despite other factors in life, you have the ability to turn a thought into emotions and success.

Relax even deeper. Notice how remarkably easy it has been to set aside a few moments to re-energize. Even though life requires action, you now have a starting point for re-energizing during difficult times and a starting point for creating thoughts that turn into results. In fact, you can even congratulate yourself for taking the time to invest in your success. You know that by starting this process, hope, calmness, and happiness are the result.

As you continue to relax, pay attention to your right thumb and index finger. Touch them together as if you are making an "okay" sign. As you feel a sense of calm, touch them together and press firmly to associate that feeling with this action. Whenever you feel stressed or anxious, touch your fingers together and allow yourself to instantly re-experience this state of serenity. You can do this at work, at home, or in any difficult situation. Instantly, you will bring yourself back to this starting point of serenity and creativity, allowing any temporary stress to pass without escalating.

As we near the end of this session, you can open your eyes or you can keep them closed for another moment. Feel the floor below your feet, the air in the room around you, and continue to experience the image of water flowing over the waterfall. Let yourself feel a sense of energy in the muscles of your body and in your spirit. Feel refreshed, energetic, and ready to be positive in any situation!

MIDDLE OF NOWHERE TECHNIQUE

Go ahead and close your eyes. Let yourself relax. You know what deep relaxation and the hypnotic state feels like. Bring yourself to that state of calmness, serenity, and relaxation. Bring yourself to that state where you learn best through experience.

If you find yourself distracted by anything around you, such as a noise outside or even the frustrations of the day, you can return your attention to this experience by simply paying attention to your breath. As you breathe in and breathe out, neither try to speed up or slow down your breath. Instead, simply let yourself pay attention to the breath with no regard to whether or not it should be quicker or slower. By focusing on your breath, you can easily focus your attention inward and let go of any stress or tension of the day. Allow yourself to easily enter that state of learning and intuition that we call hypnosis.

As I count backwards from five to one, deepen your hypnotic state. Five, four, three, let yourself relax completely, never sleep but deeply relaxed. Two, one, zero. Over the next couple of minutes, I am going to guide you through a process of dissociating here from there.

Milton Erickson called this the nowhere technique. As you relax, you can recognize that a part of you is here. You can feel the chair below you with your eyes closed and your mind relaxed. You can also see that a part of you is drifting away.

Drift to a place that is really nowhere. In fact, drift to a place we call the middle of nowhere. You can let your mind drift and meet me in this place, a place that has no time, in the middle of nowhere. It is a place that has no place, in the middle of nowhere. It is a place that has my voice and your awareness.

It is a place that is neither here nor there. It is just a place of your own creation. In the middle of nowhere, there is no awareness of pain, but simply an awareness of nothingness. Here in the middle of nowhere, nothing is just fine. There is nothing to be and nothing to feel. There are no feelings to feel in the middle of nowhere. It is a very pleasant place to be, isn’t it?

During this brief exercise, you had a chance to experience your own ability to dissociate from the place you are sitting to that place of nowhere. Now pay attention to my voice and the chair below you. Let yourself return from the middle of nowhere to this place where you are sitting.

Now, I am going to count from one to three. With each number, let yourself become more alert and oriented.

One, take in a deep breath…

Two, stretch out any muscles that need to be stretched…
Three, open your eyes and feel fantastic…

THE WAYWARD CLOCK: TIME DISTORTION

I commonly use the following as an induction when I want to accomplish time distortion. It is helpful because the moving clock imagery can really confuse time relationships.

Induction

Close your eyes for a minute and take in a breath. Let yourself relax. With each breath, double the sensation of relaxation. With each breath, notice that your heart rate is becoming smooth and rhythmic and notice how easy it is to enter a state of deep relaxation. You can even unclench the jaw and relax the shoulders. Allow the hands become warm, heavy, and very relaxed.

Think of a clock or think of your watch. Imagine that both of the clock's hands are at 12 o'clock. Imagine seeing that clock and realizing that it is no longer important what the numbers on the clock say. In fact, the hands of the clock could point to 6 o'clock, 3 o'clock, or 12 o'clock. It wouldn't make any difference to you. As you continue to relax, you can let go of the meaning of time and let your clock move from 12 o'clock to 7 o'clock, from 7 o'clock to 1 o'clock, from 1 o'clock to 5 o'clock, and from 5 o'clock to 9 o'clock.

Imagine that the hands of the clock not only go clockwise, but can even go counter clockwise, no longer concerned about day or night. Simply bring yourself to this place and this time, right here and right now.

Take in a deep breath and feel wonderful. Bring yourself back to the chair that you are sitting in, to this experience, and to this learning session.

In Addition

Another suggestion we can use to accomplish time distortion is to mention that an hour can seem like a minute. We can also use indirect suggestion and say that keeping time is so much effort that it is hard to know what time it is.

Similar suggestions can be useful for a client who is experiencing pain. You can give them the suggestion that because it is hard to know what time it is, it is hard to know if it is time to experience the pain. Keeping track of the time and the pain is too much effort. By simply taking a minute to enjoy the process of hypnosis, wherever they are, they can forget about the hands on the clock, forget about keeping time, and forget about what time it is. In the process, they can also forget to remember to feel the pain.

GOAL-SETTING

Induction

Transitional Deepener

I don't know if you are totally relaxed and hearing every word I use or only every other word. You may only hear every fifth word, but you can decide for yourself what words you need to hear as you continue to relax deeper; drifting, floating, and lazily dreaming.

Story/Metaphor

I want to tell you a short story about a man I have met by the name of Jordan. He is known as the "Maverick Millionaire," which is the title of one of his books. He began his career early, at the age of fourteen, by listing a helicopter for sale on the Internet. It wasn't his helicopter; it was a helicopter for sale by a friend of his family. He simply took the initiative to list it on various bulletin boards all over the Internet and he managed to sell it. The family friend paid him a commission of $2500 and his accidental career as an internet aviation dealer was born.

What is important about this story is that at age fourteen, he did not yet have experiences that told him that something couldn't be done. He never knew defeat because of these early successes. As a result, his dream circle never became smaller and smaller. Instead, it became larger and larger. With each incremental success, his vision grew, his goals became larger, and his plan for success became grander.

Within each one of us is a child that is unimpeded by question, failure, or self-doubt. This child can dream big and grow larger with each success.

Transitional Deepener

As you reflect on this story, allow yourself to experience a deeper sense of relaxation and creativity. Feel the mind become open and return to a state of optimistic, unimpeded youth.

Utilize the part of the mind where creativity exists to depart from the blocks of the adult world, and to focus on the freedom that creativity brings.

Directive Script

Imagine yourself creating a large dream circle where you are able to experience unlimited creativity, innovation, and success. Create a positive image of yourself feeling successful and achieving your goals. They say that what the mind can conceive, the body can achieve. As you create this powerful imagery of yourself being successful and enlarge your dream circle, you can undoubtedly create reality from these internal strengths.

At this very moment, all of the resources you need to set goals, reach objectives, and experience success, are deep within you. Draw on your preconscious hopes and dreams to create the sensation of success. It is amazing how this feels. It is a feeling that you have the capacity to create, which means you have the capacity to make this a reality.

Each day, in every way, you will find yourself writing goals for both the short-term and the long-term. You will become a goal-setting machine that is capable of refining and creating innovative, positive, and important objectives. It will be easy for you to do this because you are capable of tapping into the preconscious desire of youth to regain control and power in life, despite any setbacks or limitations you may have experienced up to this point. It is a natural inclination to enlarge your dream circle, ignore the self-limiting impositions that others thrust upon you, and experience success at every level.

Transitional Deepener

Imagine. Create. Innovate. With each word, allow yourself to dream, drift, float, or rise to your inner strengths and experience the fullness of life within you. Allow yourself to experience a deeper level of trance, as you recognize how your unstoppable inner strengths create a sense of power in your life. You may be very alert right now, concentrating on this powerful experience within your mind. Or, perhaps you are leisurely experiencing trance and the sensations of creation. Either way, you remain focused on your transition into a new chapter in life. This new chapter brings positive changes related to the creation of your goals.

Hypnotic Phenomena: Age Progression

It is entirely possible for you to see the future as you will be when you create each goal. Envision yourself a month from now, a year from now, and even ten years from now. See yourself having acted on your dreams and goals. See yourself actively utilizing a journal for your dreams, writing out goals on a daily basis, and creating images of success.

The first step in achievement is to have a goal and a clear picture of success. This is a step that you have already taken. We know that this is true because you have participated in this session and allowed yourself to open the creative part of your mind to new experiences and lessons. As a reminder of this success, the color green will become brighter, sharper, crisper, and clearer. You will notice it more often on signs, clothing, in nature, or even on TV. Every time you see the color green, it will be an internal reminder to you of your ability to set goals, take action on these goals, and achieve them. You can move from this point forward into success by dreaming large and accomplishing your goals.

Awakening

STOP DIPPING/CHEWING TOBACCO

Stop Dipping/Chewing Tobacco: Age Regression

Pre-talk

Induction

Deepener

Transitional Suggestion

With the conscious mind, you may hear each and every word that I use or you may only hear every third or fifth word. It doesn't matter what your level of trance is. What matters is that you follow the process that I suggest and simply let go.

Skill Building Suggestion

Create a vision of a peaceful place in your mind. It could be a place you have been to before, a place you would like to go, or a place of your own creation. Now, take a deep breath. Each time you breathe deeply, your mind and your body will respond by creating a sense of calming relaxation, as you drift and float, dreamily at peace.

Unconscious Programming

As a child matures, they put away old behaviors and begin new patterns of action. Each stage of life is a period of growth and change. It is remarkable how natural change is in each stage of life. Today marks a new chapter in your life, bringing in new behaviors and actions. Some people have said that habits are hard to break, but you know from your life experiences that the opposite is true. As you have grown, you have put childish behaviors away and moved onto new actions and decisions many times.

The decision you have made to quit dipping tobacco is really a decision to start a new chapter of life; one with new actions based on the mature desire to care for yourself. Today is the first paragraph of your new chapter. It is a chapter free from tobacco and filled with the personal satisfaction of moving forward in life.

Transitional Deepener

Simply allow yourself to go deeper, doubling the sensation of relaxation with each number. Five, four, three, two, one.

Parallel Suggestions

As of this moment, you no longer derive your energy from nicotine, but rather from deep oxygen-filled breath that energizes the body in the morning and helps you to focus and concentrate.

From this point forward, your response to stress will be to recognize your

innate ability to make choices and mange priorities. By trusting your instinct and stepping back from any stressful situation without chemicals in your body, you can easily accomplish this.

You now find it easy to replace any perceived need for oral fixation by simply taking a deep breath through your mouth, allowing yourself to feel the cool air flow between your lips. You can also chew a piece of sugar-free gum or simply let go of any cravings, being content to experience something new.

In this new chapter of life, you find new ways of identifying your masculinity apart from rituals like dipping. Instead, you prefer to have a strong body that is free from poisons and able to overcome those who once enslaved you with a drug.

Nicotine withdrawal is an easy process for you. Over the next 72 hours, nicotine will leave your body rapidly and you will flush this nicotine out with eight to twelve glasses or bottles of water each day. You recognize that each sip of pure water flushes out the old toxins, replacing them with powerful life energy.

Transitional Deepener

Go even deeper. Good. Allow yourself to take another moment to relax the mind and body. You may find that you sense the feeling of transition, perhaps moving to a deeper level of hypnosis at some points or higher levels of alertness at other points. This is normal and a part of the process. You can allow yourself to drift, float, dream, and relax easily at this point, or you can simply listen to the words you hear.

Manifestation of Phenomena

Think back to a time when you were young, a time before you ever had your first dip or chew. It may have been a long time ago, perhaps even age twelve, or ten, or even eight. But there was a point in life before you ever had a first dip. Now, imagine yourself in a movie theatre watching a movie of yourself at the point of life before you ever dipped. Watch yourself doing some of the things that you most enjoying doing at that point in life, such as playing with the kids in the neighborhood, or playing on a sports team.

Now, imagine that you are watching a movie of your happy life experiences, but instead of ever dipping, you simply never have that first dip. You go through your childhood, your teen years, and even your early twenties never having dipped or chewed tobacco.

It is odd how you can create an image of such a movie, but you can. You can see yourself in various life situations such as driving, working, being in relationships, and experiencing your life as if you had never dipped. In fact, you can even watch that movie of you having never dipped, all the way to the point

where you are now, listening to this session. The mind is a miraculous machine and as you are able to create the image of this tobacco-free movie, you are able to create this as truth in your life in the present. So, you will find it easy to no longer associate driving, working, playing sports, or engaging in other activities with dipping, because from this point forward, your mind simply fails to recall these associations. It is as if you have never dipped in the first place. When others around you dip, chew, or even smoke, it will not be a cue to use tobacco.

You will find it easy to resist any social pressure to use tobacco because it will feel as if you have never used tobacco in the past. You will not feel anger or be irritated by others' use of tobacco. You will simply respond with ambivalence because using tobacco is something you no longer relate to because your life experiences are like those of this movie you have watched. It is a life experience that certainly does not include tobacco now, nor ever has.

Anchoring Suggestion

From this point forward, every time you hear a phone ring, it will be a reminder to you of your power, internal resources, and your ability to continue to act on your decision to be tobacco-free. It can be a house phone, a cell phone, a work phone, or even somebody else's phone. However, each time you hear a phone ring, you will sense a moment of peace that reminds you that you are a person who has made healthy choices and moved forward in life.

Post Hypnotic Suggestion

Over the next week, you will listen to this hypnosis session each day, relaxing the body and the mind. You will find it easier, each time you listen, to experience a deeper state of relaxation.

Throughout the rest of the day, you will feel an internal peace in entering this new phase of life by acting on the suggestions that have been made and feeling energized by your healthy choices.

Awakening

Stop Dipping/Chewing Tobacco: Identity Strength

Pre-talk

Induction

Deepener

Transitional Suggestion

Now you are relaxed. Perhaps you are in a deep state of relaxation or have simply slowed your mind. Either experience is fine.

Skill Building Suggestion

As you continue to relax, I want you to become aware of your hands. With your left or your right hand, which ever hand is more comfortable for you, touch the tip of your pointer finger to the tip of your thumb, making an “okay” sign. Very good. Now, as you relax, allow all of the other muscles of the body to be loose and limp and allow yourself to feel positive and successful about the change your are making. Press those two “okay” fingers together tightly and hold that tension for a moment. Now, relax your entire hand and allow your fingers to separate and your hand to fall back into a relaxing position. Anytime that you experience any type of craving or desire for old patterns of behavior, simply press those two fingers together. That moment will return you to this point of decision, success, serenity, and any craving or desire for tobacco will simply melt away.

Unconscious Programming

Satisfaction can come through many actions or experiences and your subconscious mind knows that what is most satisfying is to have the autonomy and power of acting without the control of another person or an advertizing campaign. It is easy for you to live life happily and cope without products that destroy your health. In fact, you find it easier to cope with a mouth that is free from sores or pain and the anxiety that old behaviors have caused.

Transitional Deepener

Allow your mind to drift, dream, relax, and learn. Allow each muscle to relax the tension of the day and experience physical and mental relaxation, trance, or hypnosis. Good. You may be listening to each word, feeling attentive as you relax. Or, perhaps you are letting the words I use simply float and drift along with your mind. Again, either experience is fine.

Parallel Suggestions

You have made the decision to be tobacco free and at this point, all of your actions will easily be consistent with this decision. It is easy to see yourself free from the paralyzing images of manliness or masculinity sold by the tobacco companies. You are now an agent of free will, no longer dependent on the products they have sold you. Your identity from this point forward is a new one of confidence and success. It exists apart from corporate images or the accoutrements of tobacco companies. The possessions and symbols that you once held as important such as logos, gifts, or even marks on your clothing from tobacco products, are no longer important to you.

You no longer want to be seen by your family, friends, or even competitors

as a tobacco user. Rather, you want to be seen as a successful person. And, you will be successful because of your own strengths and abilities to discard old patterns and move forward. You will find that caring for yourself, your teeth, and your body, becomes a natural part of your life. You now view old tobacco-using behaviors as self-destructive, preferring now to value your body, care for your teeth, and restore your health.

Over the next few days, you will increase your water consumption and your physical activity. You will take more steps today than yesterday, more steps tomorrow than today, and increase your activity each day. This, in turn, will help you to release tension, stress, or cravings. With each step, your health will increase and you will find it easier and easier to succeed at achieving your goals.

Transitional Deepener

Go even deeper. Good. Allow yourself to take another moment to relax the mind and body. You may find that you sense the feeling of transition, perhaps moving to a deeper level of hypnosis at some points, or higher levels of alertness at other points. This is normal and a part of the process. You can allow yourself to drift, float, dream, and relax easily at this point, or you can simply listen to the words you hear and act on each suggestion that is made.

Manifestation of phenomena

As you relax, you may be asking yourself why I am even talking about old patterns such as dipping or chewing. This is because that after any change is made, new patterns are established and old patterns are forgotten. You have already become a non-tobacco user. That new identity was established when you took your last dip, committed to this hypnosis session, and cleaned out the temptations that may have been around your house or car. As you have already begun this new chapter of life by being a non-user of tobacco, you will simply fail to recall your old patterns of behavior or old associations with tobacco. It is quite possible for the mind to simply not recall your prior actions and to easily move forward as a person who does not use tobacco in any form.

Anchoring Suggestion

From this point forward, every time you see the color green it will be a reminder to you of your power, internal resources, and ability to continue to act on your decision to be tobacco-free. It could be light green, dark green, or medium green. It could be green like green leaves on the trees, the green of paper money, or green vegetables in a salad. You may notice the color green on a billboard, on television, or on the green in your clothing. However, each time you see the color green, you will sense a moment of peace, confidence, and be reminded that you are a person who makes healthy choices and has moved forward in life as a non-tobacco user.

Post-Hypnotic Suggestions

Throughout the rest of the day, you will feel an internal peace in entering this new phase of life by acting on the suggestions that have been made and feeling energized by your healthy choices. Each day for the next twenty-one days, you will listen to the CD provided to you at the end of this session. When you do, it will be easy for you to relax and enter a state of hypnosis or learning. Each time you listen, you will feel more and more satisfied apart from dipping or chewing tobacco or smoking cigarettes. You will more easily and happily cope with your tobacco freedom by doing something positive for yourself such as exercising, eating nutritious foods, or other healthy activities. You will develop your identity of success and power due to your ability to triumph over old patterns and to establish new, healthy habits.

Awakening

SMOKING CESSATION

Smoking Cessation: Identity & Physical Awareness

We have established that you are entirely ready to stop smoking cigarettes and start living life to the fullest. You already know that cigarettes are bad for you and that the long-term damage is not something you want to live with. We already know that you understand why you use to smoke in many different situations. What we are dealing with is not an attempt to convince you of anything. Rather, we are now dealing with something that is just a habit.

I am going to give you some suggestions that you will accept as absolute truth and incorporate into your life. They really aren't suggestions, since we have established that you want a new life as a non-smoker. They are actually truths that you can live by from this point forward. These suggestions, or truths, will help you to end your smoking habit. In doing so, you will be able to manage any discomfort you may have anticipated and you will begin feeling healthy immediately. The suggestions that I am going to give are designed to take an old habit and replace it with a new manner of living, one that you are satisfied experiencing.

Awareness is one way to help end a habit. One of the reasons you have still smoked, up until this point, is your lack of awareness regarding smoking. So often, reaching for a cigarette and lighting it up has been an automatic process. I am suggesting that from this point forward, you are aware of your actions. In times of stress, instead of reaching for a cigarette, you simply inhale, exhale, and focus on your breathing for a few minutes. When you sit in your car or rest from your job, instead of lighting a cigarette, you will picture yourself accomplishing the goals you have for your life.

You know how to create mental pictures in your mind. You have been doing it your entire life. When you realize that this is the time that you would normally light a cigarette, you will pause and visualize yourself doing exactly what you want to, in life that is healthy.

You are not giving up something that is important to you in this endeavor. Rather, you are ending the coughing, pain, sickness, and social alienation that you feel. These difficult experiences are being replaced with healthy experiences like deep breaths and an amazing sense of well-being. At this point, you will forget about cigarettes as part of your life forever. It is as if you have never purchased a pack or lit a cigarette before.

From this point forward, identifying with the personality of a smoker is not something you do because you are a non-smoker. It is something you have

chosen and something that powerfully defines your identity. Go deeper into hypnosis now, knowing that the sensations of relaxation and calm are sensations that you can use to help you manage what some label as withdrawal. Discomfort is not something you need to experience because the rewards of this life change are so powerful that you feel an incredible sense of well-being.

Relax more and go ten times deeper into hypnosis. Allow yourself to change the behaviors of the past in to new patterns of thinking and living. From this point forward, anytime you find an old cigarette or are tempted to borrow one from a friend, you will immediately crush the cigarette in two, between your fingers.

The accoutrements of smoking that lay around the house are no longer needed. Therefore, ashtrays, lighters, matches, and even items with cigarette company logos can be tossed in the trash. You desire to do this because the idea of smoking is foreign to you. You are no longer a smoker and so these strange objects are of no use to you, even if at one point in life you considered them to have value.

Because you have stopped smoking at this point, you feel a sense of wellness throughout your body. You can sense your heart beating slowly and you know it is working well to bring the life force through your being. In your mind, create a picture of the beating heart pumping healthy blood, and your lungs filling your cells with oxygen. Imagine the oxygen and energizing blood moving throughout your whole body.

Your body is a remarkable machine and even if you have suffered illness as a result of your smoking, your body has the ability to repair itself. The tickle in your throat and the shallow breaths give way to a body that is able to repair the years of damage done by smoking. Every part of your body will increasingly feel energized with a positive life force.

Even your skin begins to feel like the cells are rejuvenated. This is because the oxygen is able to flow unimpeded, providing nourishment to your whole body. It is effortless for you to stop smoking and it will not feel like a challenge to you. You know that you have the capacity to refrain from engaging in automatic behaviors like smoking. You also know that you have the ability choose new behaviors, like taking a walk or a deep breath. It is easy for you to live as a non-smoker because you enjoy the feeling of not being dominated by a cigarette company. You also enjoy the extra money that you now have.

It is effortless to begin a new life because you have increased the number of people who are now attracted to you. More people are attracted to you, not only because of the physical changes of health, but also because people enjoy being with those who triumph over cigarette addiction. You are now seen as a strong

person who makes healthy choices. These are the characteristics of a winner and you possess these characteristics.

In subsequent sessions, you find that you are able to go even deeper into trance and are able to take the concepts to heart and act upon your goals immediately, without hesitation. You no longer smoke; you breathe fresh air. You no longer automatically engage in self-destructive behaviors. You are aware of your options and implement new ways of managing stress. You find relaxation in activity rather than the stagnation of the past and you no longer associate cigarettes with drinking, sex, eating, driving, or social interaction.

Relax for a few moments, deep in trance. This is a special place you have created, a powerful state of being that you own. In this state, you have committed to a decision and have taken action to start a new life. You have the ability to retreat to this place in your mind when you are stressed or when confronted with a decision to smoke or not to smoke. You have the ability to come back exactly to this place and stand firm on your decision and new identity. Relax and enjoy this moment. Feel your body breathing slowly and your heart and lungs pumping oxygen and nourishment through every part of your body. It feels good. (Insert a long pause here to give the client a chance to integrate new lessons.)

You have undertaken a bold step today, one that you can be resolutely proud of. I am going to count from one to five. As I do, you will become more alert and energetic. You will feel a sense of serenity and accomplishment like you have never experienced before. From this point forward, through the rest of the day, you will be able to handle stressful situations with calmness. You will eat only appropriate amounts of food and will not feel as if anything is missing from life. Rather, you will experience having gained a new life.

One, becoming more awake…

Two, health and energy flow through every fiber and cell of your body….

Three, feeling more alert….

Four, you are almost awake, but feel calm….

Five, you are fully alert now….

You are fully awake, refreshed, and energized!

You know that every day and in every way, you are becoming better and better. Now, open your eyes and reorient to the room.

Smoking Cessation: Concerns about Weight Loss

Pre-talk

It is entirely possible to quit smoking without weight gain, but one must increase physical activity to do so. Dietary changes are also helpful. It is also important to avoid alcohol, caffeine, and other drugs during the first few days. I suggest mapping out the hours of the first two or three days after you quit smoking in order to keep yourself busy and focused on healthy living and to ensure that you plan many activities you enjoy.

Induction

Deepener

Suggestive Script

Some people fear weight gain after they become a non-smoker, but as you have already experienced through hypnosis, you have the ability to control your body. You have the ability to relax, slow down your heart rate and breathe slowly, smoothly, and rhythmically. You also have the ability to control your diet and increase your daily activities as a non-smoker. Although it is true that your body now needs more physical activity to burn calories than when you smoked, you find this is easy to accomplish. It is easy to accomplish this goal, because your body is now energized by oxygen, clean air, and restful sleep. It is not difficult for you to increase your activity level, go for a walk, or even go to the gym, because you now have the energy and stamina to do these things.

In the mornings, you will wake up refreshed, energetic, and ready to take on the challenges of the day. One of these challenges will be to exercise and burn calories through increased activities. However, this is not a difficult challenge to master because you have the desire to care for your body. You also know that you have total control over your body. This includes the food choices that you make. You know that if you wanted to, you could replace smoking with eating, but you also know this is not a choice conducive to your goals. So when you are hungry, you will simply eat enough to minimize the hunger, but not enough to feel gorged or overfull.

In restaurants and at home, you will eat until you are satisfied and then simply stop eating even if food remains on your plate. You do not have to eat everything on your plate; you can stop eating at anytime when you are satisfied. You also know that you have choices. Options such as leafy, natural foods appeal to you. Fresh fruits satisfy your cravings for sweets and breads made from rye or whole grain flours satisfy your needs for nourishment. You have the ability to give up impulses and to choose just a bite of desert. You can enjoy everything in moderation.

You want to do this because you know that it will help you to avoid weight

gain and help you to feel good. Rather than processed or refined foods, you desire natural and whole foods that nourish the body and are simpler and more delicious than other choices. You have made the decision to eat right and to exercise daily and it is easy for you to take these actions.

As you relax, focus again on your breathing. It is relaxed, smooth, and rhythmic. Focus on the muscles in your feet and legs and feel the energy level that is beginning to return to them. With every breath you take, a calm yet invigorating feeling comes over the muscles of your body. You can feel the energy spread across your back, chest, and into your upper torso. This energy is invigorating and makes you feel good.

Although you are still relaxed and calm, the energy spreads across your muscles and into your shoulders, neck, and the muscles of your face. As you begin to become aware of your surroundings, it is okay to open your eyes. Breathe slowly. Take a moment to reorient to the room around you. You are now awake. You are energized. You are ready to embark on the rest of your day with renewed hope.

Smoking Cessation: Visualization Awareness

In this place of perfect accomplishment, I am going to give you some suggestions. These suggestions will help you accomplish your goal of smoking cessation. Sometimes you may find the journey more difficult than at other times, but you know that from this point forward, you will be able to achieve your goals. Sometimes you will rest and note your progress and at other times you will climb higher towards your goal. However, you will always achieve your goals.

Change can be scary to us, but we know that making change is required for reaching our goals. Making change means giving up old habits, but gaining new experiences. I am going to suggest that we do something quite new, although it is no doubt something you have done in the past. I am going to propose that you see yourself in a new perspective, as others might have seen you or as you might have been seen in history.

The conscious mind and the subconscious mind see time differently. It is entirely possible to see yourself as you were in the past and as you are now. This is easily accomplished by simply visualizing yourself as you once were, at any

time in your history. You can see yourself back at any point, from childhood through your adult world, with the images you create in the mind. The purpose of doing this is simple. It is so that when stressed, you can call on the experiences from your past that have worked to help you solve problems or manage stressors.

Likewise, it is possible to see yourself in the future. You do not need the specifics of time, date, location, and details to do this. You just need to see yourself with the right attitude and personality. You may not know what the future holds, but you can predict your reaction to stressors or difficulties because the positive attitudes that you hold today can be brought into the future.

The subconscious mind is powerful and at any time you can bring yourself instantly to a childish response or project yourself into the future and create new responses to life situations. This is possible because time is measured differently in the subconscious. There are no clocks in the subconscious, just as there are no rules that say we must hold on to old ideas or unhealthy patterns of eating. You also have the ability to mentally step outside of your body and observe yourself engaging in the activities of life.

You can see yourself as an observer, facing choices and doing what is good for yourself. This process will allow you to remove emotional responses that are self-defeating and to substitute new patterns of behavior that are good for you. Perhaps there was a time in the past when you didn’t smoke. It may have been for a week, a couple of years, an hour while on a plane, or visiting a non-smoking friend. You can imagine these times in your mind and see yourself experiencing success. You also have the ability to look into the future and see yourself with new patterns of living, choosing to breathe fresh air and live life as a non-smoker. You have the ability to mentally step away from emotionally difficult situations. Just like taking a break on a mountain plateau, you can separate your immediate behavioral response from the responses of the past.

From this point forward, you will respond to challenges by drawing on your past successes. You will perceive yourself as you have been in the past when successful, or as you will be in the future when successful. In fact, the future can be “now” in the subconscious and you can see yourself not smoking, beautiful, and healthy. In your mind, you can create pictures of your fortitude and conviction to stop smoking and start living and you can see yourself now, as you are in the future. You have no physical limitations to success and your body will tell you when it needs nourishment and exercise. It is at these points that you can see yourself as others view you and you can encourage yourself to make healthy choices.

Dreams are another way of seeing yourself outside of the usual limitations

of time and space. If you have ever woken up and been disoriented as to what room you were in, you have experienced this. At that moment, you must see yourself outside of yourself to reorient to your location. Looking at yourself from one mirror into another mirror, like at the beauty salon or the barber shop, is another way of seeing yourself in a new perspective. When you see yourself from new perspectives, you are able to make changes and choices that are good for you. You are able to see the interrelated patterns that are self-defeating and replace them with new patterns of behavior.

Now, picture yourself from birth to the present and move forward into the future. It is easy to see that you already possess the experiences and knowledge necessary to make healthy choices and deal with life stressors. In this position, you can reframe your current experiences and use your attitudes and personality strengths to grow and mature in ways that you did not know were possible. From this vantage point, embrace yourself as a person and love and respect yourself and your body. See yourself without cravings for nicotine and able to be satisfied with deep breaths of life. See yourself choosing to sit in the non-smoking section and wearing clean clothes without burns or smells of cigarette smoke. From this vantage point, see yourself taking a break or enjoying relaxation without cigarettes, perhaps by taking a walk or by simply choosing to be calm. You are no longer bound by the tradition of ritual that once enslaved your character. Rather, old patterns have given way to new patterns of stress relief and social interaction.

See yourself using self-hypnosis as a very powerful and safe resource. Its effectiveness increases as you let part of yourself be projected beyond your usual body limitations so that you can give yourself suggestions much more effectively. Again and again, you are accepting the suggestion that you do not smoke and choose to breathe fresh, clean air. See yourself being increasingly happy with new life and showing approval of what you do.

In a few seconds, you can come back to the room and feel wide awake and relaxed. Begin to mentally reorient to the room. Sense rejuvenation and feel energetic and relaxed. I am going to count from one up to five. With each number, you will become more alert and more awake, feeling refreshed from this experience. With each number, your confidence will increase and you will be able to apply the skills you have learned to see yourself in a new light. Like climbing a mountain, your goals are within reach and with each number, you will be one step closer to reaching your goals.

One, reorienting to the room…

Two, feeling refreshed…

Three, feeling unrestricted and happy…

Four, more awake and more refreshed…

Five, totally awake and totally energized…

Six, open your eyes, take a moment to reorient to the room, and enjoy the feelings of wellness you now experience.

Smoking Cessation: Stress Management

Pay attention to my voice. From this point forward, the suggestions I give to you will be accepted as absolute truth. You will take action on these suggestions and implement them into your life. Sleep deeply at this point, enjoying hypnosis. You are now a non-smoker and there is no room in your life for the habit of smoking. When you are stressed, tired, angry, or upset, you can choose to go directly to this place in your mind and quiet the difficulties of the day. To you, smoking has been a coping strategy and this coping strategy has worked in the short term to bring you positive rewards. However, these positive rewards can be achieved in other ways. You can take a break from your work without smoking, by simply choosing to go for a short walk. You can interact with other people without being in a smoke-hole. You can manage stress by breathing deeply and even by simply eating healthy foods and sleeping enough at night.

In fact, the rush from a cigarette has probably been a source of energy for you, but now you can derive your energy by getting enough rest and even by taking a short nap in the afternoon. Fatigue and tiredness are ways your body tells you to care for itself and the drug of nicotine negatively impacts patterns of rest. From this point forward, you will choose to benefit fully from your sleep by not smoking. Smoking is gone from your thoughts and is replaced by healthy thoughts of total rest, relaxation, and calm.

Many people fear that they will become grumpy when they quit smoking or be unable to control their anger. As people are basically good, we tend to believe the things we are told. We are trusting, and so when we are told a myth such as “you will be grumpy when you quit smoking” we tend to act in accordance with these beliefs. We expect to be edgy, grumpy, or easily irritated because that is what we have been told. But we have been told something that is not an absolute truth.

You are in control, not only of whether or not you light a cigarette, but also

of how you feel. You could choose to be edgy and grumpy if you wanted to, just like you could open your eyes right now if you wanted to. But hypnosis feels so good you simply don't care to open your eyes at this point and so you leave them closed. Likewise, the health and the happiness of being a non-smoker are so wonderful that instead of choosing to be grumpy, you deal with the irritants and stressors of life with acceptance.

Acceptance is the answer to all of your problems today. You are in control of your emotions and can choose to respond to any difficulties with acceptance. You can choose to remain calm, happy, and content, even on the first and second day of becoming smoke-free.

Withdrawal is a process people fear when they quit smoking, but you have the ability to manage this withdrawal. As a result, you do not need to feel any physical discomfort and can manage the withdrawal symptoms with ease. During the first few days of your new smoke-free life, drink plenty of water. In fact, drink eight glasses of refreshing water each day. When you feel gastrointestinal changes, because nicotine affects the digestive system, you can take physical control over these changes by relaxing your muscles and managing any discomfort. Your body is a wonderful machine. The mind and the body are not separate and what the mind can conceive, the body can achieve.

Imagine you are outside on a beautiful summer day. The warm sun is beating down on you and there isn't a cloud is in the sky. As you feel the sun's rays on you, you can sense the warmth in your body and you feel the sensation of being hot. As easily as you can imagine this heat, you can imagine yourself cooling down. Imagine that on this hot day, a cool breeze comes along. This cool breeze gives way to clouds overhead and a cooling rain. As you stand in the rain, you become wet and cold and your body might even begin to feel uncomfortable as the temperature outside sinks and the darkness comes upon you.

Do you see how easy it is to control your physical responses to hot and cold? You also have the ability to create comfort and let go of the pain of discomfort with your mind, if you feel it. It is easy to control your emotions, physical responses, and even your desires. All you have to do to manage difficulty is decide on what you want to feel instead and then allow yourself to feel the positive emotions or physical response.

Pay attention to the way you feel now; calm, serene, and deep in hypnosis. Allow yourself to go ten times deeper at this point, continuing to make progress towards your new life. Your heart rate is slow and your breathing is smooth and rhythmic. You are calm now, even without a cigarette, so you know that it is possible to relax without a cigarette. In fact, it is easy to do.

Smoking is gone from your thoughts, replaced instead with ideas of

pleasure related to the many new opportunities you have as a non-smoker. Withdrawal is not something to fear because you have learned how to control your emotions and your body with hypnosis. These are skills that you can practice anywhere and at anytime. It is important to begin to use your body now that you are a non-smoker. To this point, you have not used your body to its fullest because it has been sick and poisoned with cigarettes. Now you are able to use it. You will walk each day and exercise, increasing your activity level. It will feel good to exercise and will help you to avoid any temporary weight gain. As a matter of fact, using your body will actually prevent any weight gain and you will feel rewarded by using your body in the way it was meant to be.

I am going to ask you to take five very slow breaths. Breathe in as I ask you to and exhale as I ask you to. With each clean breath of fresh air, you will note how wonderful it feels. There is no smoke in the air. There is nothing to keep you from feeling good.

One, breathe in and let the air fill your lungs. Now, breathe out…

Two, again breathe in, slowly and smoothly. Exhale…

Three, breathe in and note the tremendous desire you have to enjoy the clean air. And out…

Four, inhale. This breath gives you a wonderful feeling inside. And out…

Five, again, inhale. You are a non-smoker. Your desire to smoke is replaced with a desire to breathe in life. And exhale…

I am going to allow you a few moments to relax. Keep your eyes closed and simply relax. This is a wonderful place of serenity and these skills are wonderful tools for helping you to experience a new life.

(Pause)

The suggestions in this session have been designed to teach you skills and provide relaxation. You can practice them at any time during the day. You can control your physical and emotional responses at your will and you find it easy to breathe life rather than to smoke. In your mind and with your eyes closed, begin to reorient yourself to the room you are in.

In a moment, I am going to count from one to three. As I do, you will awaken fully. You feel refreshed, energetic, and better than you have felt in a long time because you have been taking these suggestions to heart.

One, you are becoming more energetic and reoriented to the room…

Two, you are fully awake, feeling calm and satisfied…

Three, you are now reoriented and you can open your eyes…

Take another deep breath and go about your day experiencing success and contentment.

IMPACTING ALCOHOL ABUSE AND PROBLEM DRINKING

Pre-Talk

This session is designed to help you to stop drinking and start living. People ask me all the time if hypnosis can really help a person stop drinking alcohol. Hypnosis is used to break the craving for nicotine, a substance people often compare to heroin in its addictive characteristics. The research shows that hypnosis can help people to create new life patterns with success and ease. You can stop drinking and this session will help you to do it by changing your subconscious associations with alcohol and helping you love life so much that you won't want to miss any of it by being buzzed, drunk, or high.

This hypnosis session is a tool. Its principles are highly effective and many have found that by following the instructions given, old patterns simply disappear. Although highly effective, hypnosis is not a substitute for medical treatment or professional detoxification. It is not designed to address complex psychiatric issues. If you are currently under the care of a physician, discuss your intention to use hypnosis as part of your treatment plan. If you are not under the care of a physician and have experienced physical or mental difficulty in abstaining, you are advised to seek medical treatment for detoxification.

There are those who will incorporate the principles of this session into a pathway of 12-Step fellowships. Others prefer to use these principles and suggestions apart from any organized recovery group. The choice is yours, but you are encouraged to integrate hypnosis into any other modality of alcohol abuse treatment you like.

Hypnosis may be associated with sleep, but during this time you will not be sleeping. You will simply be relaxed. At times you may be very alert, listening to each and every word. At other times, you may be in deep trance and only experience the process. Again, either way is okay. This is your chance to make a lasting change and it is your starting point for success.

How does hypnosis work? It works two ways. First, it changes your physical perceptions. For many drinkers, the craving for alcohol seems to come from within. Hypnosis is a powerful tool for bringing a sense of calm and serenity, even in the midst of internal cravings for alcohol. Second, it breaks the psychological obsession. Until now, you have associated drinking with many of life's daily experiences and have probably done so for most of your life. Hypnosis is a teaching process and by re-learning your responses to old associations, you will experience success like many others who have put these principles into practice. I have seen the results of hypnosis in my own

experiences and in the lives of countless clients. So, I want to begin by congratulating you. You have already made a decision to do something different, just by being here for this session. It is a step that many will think about and few will take. Congratulations and let's get started with the next phase of this new and exciting chapter of life.

Induction

To begin, understand that you do not have to try to be hypnotized. Hypnosis is a natural process and each and every day we cycle between being alert and awake, to experiencing deep levels of relaxation and rest. As you experience the process of hypnosis, your mind may wander and think. Do not be alarmed by this as it is normal and what minds do. If at anytime you feel you have drifted and are no longer paying attention, you can bring your attention back to my words or simply continue to enjoy the experience created by your unconscious mind. Either way is fine.

Begin by getting comfortable and scanning your body for any obvious tension. Relax those muscles. Stretch you neck by rotating it in small circles and notice your breathing. Let each breath become deeper and slower. As you progress, you may notice your heart beating, perhaps slowly or perhaps fast. Either way is fine right now. Just take notice of the heartbeat and feel it. The heartbeat is the life force within us, bringing all that we need to each and every cell of the body. Hypnosis is one way to begin restoring your physical health, which will aid you in feeling strong and confident in this change.

Close your eyes for a moment and focus on your breath, smooth and rhythmic, in and out, deeply relaxed. Now open your eyes. Feels good, doesn't it? You are doing well, setting aside some time for yourself and learning new ways to manage life. Hypnosis is not complicated. It is really just about setting aside time to create new experiences and learn new things. Close your eyes again. With your eyes closed, mentally scan your body and relax any muscles that remain tense. Let go and feel the sensation of warmth and relaxation throughout the body. Imagine a white light above you, radiating peaceful, calming warmth. Notice how your eyelids feel so heavy and relaxed.

Of course, you know you could open your eyes if you wanted to, but it feels so good to let them relax that you will find it easy to keep them closed for the next few moments. As you breathe, focus on the image of a radiant white light, comfortably warming you. Notice the sensation of relaxation it brings and the feeling of heaviness in your relaxed muscles.

Open your eyes again and remain still, relaxed, and aware. It is okay for your mind to think and even to question this process. Right now, we are simply focusing on physical relaxation. In a moment, we will focus on mental

relaxation. You are doing perfect.

Close your eyes again. As you continue to breathe, double the sensation of relaxation in your body. Let your chin fall towards your chest, relaxing the muscles of the shoulders and arms. Envision the radiant warmth of white light that comforts you and allows you to go into an even deeper state of relaxation. Notice your hands, warm and heavy, as they rest in your lap or at your side. Say to yourself, “My hands are warm and heavy” and relax deeper with each breath. You are not asleep, only deeply relaxed. Relax the tiny muscles of the face, brow, shoulders, and arms. Even relax the little muscles of the fingers.

As you relax, it becomes harder and harder to feel distracted. You begin to only feel a sense of calm, in both body and mind. This sense of calm and relaxation extends into the muscles of the back, buttocks, and into the muscles of the calves and feet. You can feel a sense of heaviness and warmth, even in the little muscles of the feet. Now, imagine the white light radiating though the top of your head, through all of your muscles, the neck, the arms, and your entire body. It brings with it a peaceful wave of deep and penetrating relaxation and a sense of calm. This is a calm that is so easy to feel that it becomes easy to feel nothing but this sense of calm in both mind and body.

This state of serenity is one that you have created and is the first lesson in the process of hypnosis. The lesson is that you have control over your physical and mental feelings. You are able to create warmth, heaviness, or calmness at will. You are easily able to push aside old feelings of craving, agitation, or discontentment as easily as you can create these sensations and experiences here.

As you continue to relax your body and let go of any remaining tension, relax the mind. Let it open to developing a new relationship with your thoughts, realizing that as easily as one can control the body, one can control the mind. Become aware of your inner ability to create, conceive, and give birth to new ideas and new awareness.

I am going to count backwards from ten to one. With each number, let yourself drift into a deep sense of awareness and serenity, realizing that this is the moment of inception of new ideas and new ways of living. Ten, nine, eight, seven, six, five, four, three, two, one…

Suggestive Script

Although you can hear my words, you can allow one part of your mind to focus on these suggestions and allow the other part of your mind to simply experience the change that has occurred deep within you. This change has already occurred deep within you because you have brought yourself to action and taken steps to begin shedding old ideas about alcohol, replacing them with new ideas. This is the point that marks change and allows you to put aside old

patterns and step into a new you; one that is empowered to be a success in every aspect of life and one that is emboldened by sobriety. You now prefer the clarity of mind to the haze of former patterns.

As some realize that they have begun to step into a new manner of living, strong emotions can arise. It is okay for you to take a moment to experience a variety of feelings. Some of these feelings may be comfortable and familiar and some may be new and intense. These are your emotions and you are entitled to have them. In fact, this is the beginning of self-forgiveness. Realize that as the old passes away, shame remains behind and you can step into a brighter and bolder future by letting go of all that held you back. Use this experience as a time to release anything, both known and unknown, that has held you back in the past. (Pause a moment to give the client a chance to have this experience.)

Take some time to experience all of the positive feelings that come with success and change. Allow that warm, comfortable feeling to create a sensation of security, calm, and peace. Anytime over the next day, week, or even in the coming years when you need to bring yourself back to this state, you may do so with or without hypnosis. Even in times of crisis, you can center yourself and refocus your energy back to your commitment to success. In hypnosis, we call this anchoring. You can create a signal to yourself, right and here now, that will allow you to anchor yourself to this state. This will give you the ability to experience it again whenever you need to.

Listen to my instructions, becoming even more attentive to my words if necessary. With your right hand, touch your thumb and your index finger together. While the rest of your muscles relax, pinch those fingers together while you experience all of your feelings of success. Now, press those fingers together and relax.

The simple action of pressing your fingers together, at any time, can be used to bring instant calm, overcome any craving, and make healthy choices before engaging in any old patterns. Do it again. Press those fingers together and feel all of the positive intentions of this action and this moment. Now, relax.

Go twice as deep and let go completely. Drift, dream, and let your thoughts and body relax further. Five, four, three, two, one. Each one of us has a higher self. This is the intuitive and resourceful part of our being that some might call the soul. This higher self has your best interest in mind.

Bring yourself into this higher self, attaching positive action to a new behavior. Specifically, focus on the behavior of having a drink that is healthy, such as water, juice, or milk. You see, you are not actually quitting anything. It is simple. From this point forward, your higher self will guide you to healthy choices. Each day, you will begin to flush the body of toxins, feeling better and

better, by increasing your water intake. You drink eight to twelve glasses of water daily and prefer a healthy drink, as opposed to the poor choices of the past.

We know this higher self exists because it is what brought you to this point of change. You could have chosen to avoid addressing this issue, but you have decided to listen and internalize these ideas. It is that same higher self that will follow through each of the actions easily and effectively, beginning now. It is not later that these choices become easy, but now, because your higher self has already guided you into this process of change.

Because the mind is creative, you realize that in any situation where you find temptation or difficulty, you can access this creative higher self to help you to make choices that are healthy. It helps you to remove yourself from old situations that use to be associated with drinking. Instead, you replace these old experiences with new actions. It could be something as simple as taking a daily walk or something more complex like involving yourself in organizations and activities that direct your path to new goals and provide support.

Access this creative part of your mind and recall a time in life long before you ever had your first drink. Perhaps this was a time as a young teen or even as a child. Maybe you were a child of twelve before your first drink. Or maybe you had your first drink at a very young age. You may even need to go back further than this, even to the day of your birth. That is okay because there was a time when the only affinity you had was for water or milk.

As strange as it may seem, go forward in time to imagine life as if you never had a drink. It may be odd to remember life differently than it was. However, it is amazing how the mind can create the images of high school, vocational training, and even young adulthood, doing the things that you did and being in the places you were, but seeing yourself as if you never drank.

Now see yourself today, as one who never made the choice to drink. Take a moment to experience the feelings of health and strength that brings. Project yourself out as you know you will be three days from now, three months from now, three years from now, and three decades from now. You see yourself in the future as if you have never even had a drink in the first place, forgetting that alcohol has been a part of your life and seeing yourself as one who makes healthy choices.

It is amazing how the mind works. Everything that exists today first existed as a thought. A chair, a computer, and a phone all had to be conceived as a thought before they became a reality. Now that your mind has created the image of yourself as one who has simply never taken an alcoholic drink in the first place, you can easily act as if this choice is no longer before you. Automatically and without conscious effort, you choose water, juice, tea, or milk, in every

situation in life.

Because you respond to life now as one who has simply never chosen to drink alcohol, when others make this choice it will not be a cue for you to drink what they are drinking. Rather, it is something you will respond to with ambivalence, making your own choices and realizing that others may make a different choice. When asked for a drink order or when handed a drink, your automatic response will be to say that you would like a drink of water, juice, tea, or milk.

Posthypnotic Suggestions

Each and every day, in every way, you will find yourself as you are now. You are healthy, determined, strong, confident, and happy about your choices. Every time you hear a phone ring, it will be a simple reminder to your subconscious mind of the decision you have acted upon. It will be a cue to remain healthy, in control, and able to be guided by your higher self. It may seem strange that such a simple cue in the environment, like a phone ringing, can have such a dramatic effect. However, this sound is just like the action you have already taken, a part of this new chapter of life. It is one that you have embraced, going forward from here.

OVERCOMING LOST LOVE AND HEARTBREAK

Many people ask me how hypnosis can be helpful for overcoming a lost love or a broken heart. Hypnosis can be a useful tool because it is a quiet state of reflection that can help us to treasure the experiences we have had in the past and allow us to have a period of focused concentration to make healthy decisions about the future. A time of lost love can be a time of physical fatigue and emotional unease. It is also a process time of stillness of the mind and body, as both are mentally and physically healing.

Pre-talk

Hypnosis is not a magical state. It is a natural state of mind that everyone enters into, roughly seven times a day. In life, you are either awake, asleep, or somewhere in between. In a theta level of brain functioning, one is relaxed and open to new lessons and to using the creative part of the mind to move forward. You may hear every word that I say, or you may drift, dream, and float. Either way is okay. Hypnosis is a learning process where the subconscious mind experiences the lessons that are important and it doesn't matter if you pay close attention to each word, or let the conscious mind relax and experience its own direction. Inside of yourself, you intuitively have the answers that will be the most helpful. Hypnosis is a process that simply draws upon these truths.

Induction

Deepener

Suggestive Script

Up to this point, your conscious mind has focused on your past experience of loss and your feelings of a heavy heart. However, your subconscious mind has also stored the many experiences that you have enjoyed or learned from. This is a wonderful truth. The past is gone and cannot be changed. You are now entering a positive and powerful new chapter of life.

You are now able to move forward in your life, drawing strength and happiness from the wonderful, positive memories that you have experienced. You are able to move away from your conscious mind's thoughts of despair and experience wonderful feelings of new hope. One might ask how this is possible. In this state of relaxation, your mind is open to new ideas and creativity and you can enjoy the feelings of healing and serenity that come from experiencing hypnosis.

In this state of relaxation, you are not merely sitting in a chair. You have already taken positive action to move forward by doing something different. It is perfectly normal to feel intense feelings following a break-up, separation, or

tragic loss. These are not bad feelings or wrong emotions. What is of primary importance is learning how to turn down the voices of depression or despair and turn up the positive volume of hope that exists inside you.

Imagine that there are two different radio knobs in your mind. One knob controls negative emotions and the other knob controls positive feelings. Since you have the ability to imagine this in your mind, you also have the ability to adjust the volume of depression by turning it down, while turning up the volume of hope and progress. In fact as you relax, imagine that you are turning down the volume of despair. Turn it down so low that it's barely even a whisper.

Notice that as the negative volume decreases, you experience the positive sensation of drifting into a deeper relaxing trance. Wonderful. Notice your awareness of the natural ability you have to turn up the volume of hope and acceptance in your mind and in your life. Acceptance does not imply that we like something. It simply means that we accept that things are the way they are, at this moment. Acceptance means being able to see the present as it is and to simply move forward from this point. You are doing very well.

It is amazing how we have a natural resiliency that allows us to accept today as it is and move forward. We don't have to give up our past experiences, but simply move forward into a new chapter of life. Imagine that as you turn up the volume of hope and acceptance, you are also automatically turning a page in your progress as a healthy, happy person. And although you do not have a crystal ball or the ability to see what life will bring, you do have the capacity to see what is good inside of you now and in these next chapters of life.

Your subconscious mind knows your strengths and the goodness that you carry towards other people. So, you can project yourself out into the future, later today, tomorrow, one month from now, six months from now, one year from now, and even five years in the future. You are healing your heart with new experiences and engaging in life in a way that draws on your strengths. You are drawing on your ability to build affectionate relationships with friends and others who will become important to you.

You are doing wonderful. It is amazing how, in just a few short minutes, you have already learned to still the mind and body and move towards acceptance. Even if you are not certain of exactly what this new chapter of life holds, you are certain that it will be an exciting, interesting adventure.

As you reflect on what you have accomplished in just the past few moments, let your mind drift, dream, and float. Continue to experience deep relaxation in both mind and body. I am now going to speak to both your conscious and subconscious mind and provide you with positive affirmations that are important to you. These words are not important because I have

suggested they are, but rather because you know the intrinsic, natural truth in the words of these affirmations.

At this very moment, you can begin to feel a sense of hope that grows into a positive feeling of wellness and wholeness in your heart. Some may notice a tear in their eye, while some may take a moment to weep before moving forward. Others may simply reflect quietly with a smile. Excellent.

There is no right or wrong way to experience what is important to you here. It is only important that you allow yourself to continue this process of healing by internalizing these affirmations and suggestions and moving forward. Deep inside, you know that you have worth and value. From this point forward, you will strongly be able to display your value and worth by feeling your best, emotionally and physically. In fact, you may even feel a twinge of energy at this point. That is your internal worth and value, moving to the surface. It is just waiting to be shared with others in new experiences. Perfect.

You have a new desire to move forward in life without forgetting the past, but instead seeing how your experiences can benefit others. You will seek out people to build shared experiences with, whether friendships or romances, and you will embrace your ability to share with others in the future. You recognize that life is inherently risky and that is okay because risk does not need to bring fear. Rather, it can bring a sense of adventure. When you are ready today, tomorrow, or at some point in the future, you will prepare yourself to take risks by being open and sharing with others the things that are an important part of you.

You recognize the internal strengths that you possess in your character and personality. Perhaps you are loyal, kind, courteous, generous, helpful, resourceful, or passionate. Maybe you are thoughtful, genuine, caring, encouraging, motivating, uplifting, cheerful, or organized. You may be thrifty, creative, sensitive, courageous, or punctual. You may even have other internal character strengths that I did not mention. Everyone has positive strengths and you will remind yourself of these strengths that you possess each day, when you wake up.

In fact, you will take action on this by finding and using a dry erase marker to write a message to yourself on your bathroom mirror. Write down three positive, healthy strengths you possess on the mirror and you will have a reminder, each day, of all of the things that are right with you. Define yourself with your strengths rather than by deficits that others may have pointed out or that you may have felt in the past.

As you let your mind and body continue to relax, you can congratulate yourself for taking a profound step toward healing by entering the next important

chapter of your life. You can do this by forgiving yourself or forgiving others for mistakes of the past. Now, turn the page towards the future by practicing the principles of this hypnosis session. You are doing perfect. Take a moment to allow your inner-most thoughts to cement the decision to move forward and enjoy the stillness of the mind. You know that from this point forward, hope, cheer, and happiness will be the norm. Continue to turn the knob of depression and despair down to the lowest volume and increase the natural volume of happiness, acceptance, and hope with the other positive knob in your mind.

Awakening

OVERCOMING SOCIAL ANXIETY: CONFIDENCE BUILDING

Pre-talk

Induction

Deepener

Transitional Suggestion

With your conscious mind, you may hear each and every word that I use, or only every third or fifth word. This is okay, because you are okay and your subconscious mind knows what it needs to hear. It doesn't really matter your level of trance. What matters is that you follow the process that I suggest and simply let go.

Skill-Building Suggestion

Create a vision of a peaceful place in your mind. It could be a place that you have been to before that comforts you, or a place that you would like to go. Now, take a deep breath. This place is your circle of comfort and confidence. It is with you, always. Each time that you breathe deeply, your mind and your body will respond with calming relaxation as you drift and float, serenely at peace and full of confidence, within your comforting circle. Within this circle of confidence, you feel secure, smart, witty, happy, and carefree. You know you are attractive inside and out. You are comfortable with yourself and you like who you are. You know that other people like you just as you are, too.

Unconscious Programming

People of all ages are individuals with hopes, dreams, fears, concerns, happiness and sadness, dislikes and desires. As a child matures, they put away old behaviors and worries and begin new patterns of action and comfort. Each stage of life is a period of growth, change, awareness, and acceptance. It is remarkable how natural change and acceptance is in each stage of life.

Today marks a new chapter of life. It is one with new behaviors, actions, confidence, and acceptance. Some people have said that new situations can be uncomfortable or worrisome, but you know from your life experiences that the opposite is true.

Whether you realize it fully, as you have grown you have accepted new challenges, experiences, people, places, and things. You have seen them as adventures to explore and enjoy, and moved on to new situations with decisive confidence, many times. This decision you have made to meet new people with a smile and become more comfortable with your surroundings, is really a decision to start a new chapter of life. This chapter is one with new actions based on the mature desire to maintain active socialization and entertainment in your life,

because you are a person who enjoys new experiences and having fun with others. Today is the first paragraph of your new chapter. It is a chapter that is free from anxiety and worry and filled with the personal satisfaction of moving forward with comfortable confidence.

Transitional Deepener

Simply allow yourself to go deeper, doubling the sensation of relaxation with each number. Five, take a deep, relaxing breath…

Four…

Three, take another deep, comforting breath…

Two…

One, go deep into relaxation in your circle of confidence…

Parallel Suggestions

As of this moment, you no longer feel stress or nervous discomfort in social situations. Instead, you feel energized with the prospect of joining old friends and meeting new friends or business associates. From this point forward, you know what to do with your hands and feel confident looking people in the eye. You are comfortable with your body and sure of your movements, and you enjoy seeing people's faces and expressions when they speak to you and when you talk to them.

From this point forward, if you begin to feel stress, you will immediately recognize your innate ability to make the choice to relax inside your circle of confidence and mange priorities. You can do this by trusting your instinct and knowing that you are stepping back from any stressful situation, without chemicals in your body, and with an internal trust of your own actions. You now find it easy to calm yourself by simply taking in a deep breath and feeling the cool, refreshing air flow in and out. At this point in this new chapter of life, you also find new ways of identifying and defining your character without rituals like drinking, drug use, or other compulsive behaviors.

Spending time with people is an easy process for you. You are full of powerful life energy and you are easily able to interact with confidence and maturity in situations with new friends, old friends, and business associates.

Transitional Deepener

Go even deeper, yet. Good. Allow yourself to take another moment to relax the mind and body. You may find that you sense the feeling of transition, perhaps moving to a deeper level of hypnosis at some points or higher levels of alertness at other times. This is a normal part of the process. You can allow yourself to drift, float, dream, and relax easily at this point. Or, you can simply listen to the words you hear.

Manifestation of Phenomena

Think back to a time when you were young, a time before you ever worried about meeting new people. It may have been a long time ago, perhaps even age twelve, ten, or even eight or five. Whatever age that was, there was certainly a point in life before you ever felt uncomfortable in social situations. Now, imagine yourself in a movie theatre watching a movie of yourself at this comfortable point in life. You can see yourself doing the things you did, playing with the kids you played with, and experiencing the happy, healthy things you enjoyed before you ever experienced social discomfort.

Imagine that you are watching a movie of your happy life experiences, but instead of ever freezing up, panicking, or running away to hide, you are always comfortable around people. You go through your childhood, your teen years, and even your early twenties, never having worried about what to do or say in social situations. It is odd how you can create an image of such a movie, but you can. You can see yourself in various life situations, such as at a movie, driving, working, going out to dinner, attending a party, in relationships, and experiencing your life as if you were perfectly comfortable with yourself and who you are. In fact, you can even watch that movie of yourself being confident and comfortable around friends and strangers, through life to the point where you are listening to this now.

The mind is a miraculous machine. Just as you are able to create the image of this social, nervousness-free movie, you are able to create this as truth in your life in the present. Therefore, you will find it easy to associate working, parties, gatherings, business meetings, entertainment places, playing sports, or engaging in other social activities, with the feelings of adventure, excitement, confidence, and serenity. From this point forward, your mind simply fails to recall worrisome associations because it is as if you have never worried about these situations in the first place.

You are confident and happy to enjoy the time spent with old friends, making new friends, or interacting with business associates. You will find it easy to relax in social situations because it will be as if you have never worried about being with people in the past. You will respond with confidence and peacefulness, because stress and worry no longer occur to you. Your life experiences are like those of this movie you have watched, a life experience that includes feeling comfortable with those around you in social situations.

Anchoring Suggestion

From this point forward, every time you hear a phone ring it will be a reminder of your power, internal resources, and ability to continue to act on your decision to be worry and anxiety free around people. It can be a house phone, a cell phone, a work phone, or even somebody else’s phone, but each time you

hear a phone ring you will sense a moment of peace. You will be reminded that you are a person who has made healthy choices and moved forward in life.

Post-Hypnotic

Throughout the rest of the day, you will feel an internal peace with entering this new phase of life, acting on the suggestions that have been made and feeling confident and energized by your healthy choices.

Awakening

ENHANCING CREATIVITY: OVERCOMING WRITER'S BLOCK AND MORE

Pre-Talk

People ask me all the time if hypnosis can be helpful for enhancing creativity. Many creative people use hypnosis to help them access that part of the mind where creativity exists, to solve writer's block, overcome obstacles, and increase motivations. It can also help with musical creativity, artistic creativity, and any area of life where motivation and inspiration are necessary.

I have prepared this session as a solution to tapping into the intuitive and creative part of the mind. This process will help you take immediate action on your next project. If you have used hypnosis as a tool before, you already know how effective it can be. If you are new to the creative power of hypnosis, be ready at the conclusion of this session to feel refreshed, enthusiastic, and to immediately begin work on your upcoming project.

The lessons you glean from this session can be used anytime you need to feel centered, focused and refreshed. It can be utilized anytime you need to recharge your creative abilities and tap into all of your senses.

Now, begin by taking a slow, deep breath and scan the body for any places you are storing obvious tension. Let those muscles become loose and limp. Take another deep, slow breath. Breathe all the way in and all the way out. You do not need to try to be hypnotized. It does not matter if you go into trance quickly or slowly and it does not matter if your mind thinks and wanders. After all, this is what minds do. What matters most is that you have decided to take a moment to energize your creativity and this is your first step towards success.

Any outside noises will not disturb you. In fact, if you hear noises from outside, or even in the room around you, they will reassure you of your surroundings and help you to relax even further.

Induction

Deepener

Indirect Suggestion

In a moment, I am going to give you some direct hypnotic suggestions. These are not suggestions that come from me. Rather, they are suggestions that you have asked me to make by coming here today.

For now, as you relax, I am going to tell you a short story about creativity. Everyone thought the adhesive that Spencer Silver developed at 3M was a failure. It lacked the right molecular structure to be a glue and he was unable to find a good use for it. One of his colleagues, Art Fry, sang each Sunday in the

church choir. One Sunday, as he searched for a page in the hymnal he had marked with a scrap of paper that kept falling out, Mr. Fry had an idea. He recalled the adhesive developed by his colleague that wasn't quite sticky enough to be glue, but was just sticky enough to become the adhesive on what would become Post-It Notes.

What I love about this story is that it shows how creativity often emerges from frustration and that even while focused on something as mundane as a Sunday hymn, great ideas can be born. Many awesome ideas have sprung from the minds of those who felt either blocked or distracted at the moment of creativity. The Post-It Note, now sold in over one hundred countries, is proof of this. Hearing a story like this is often inspirational and many people who learn how a simple frustration can yield big results become enthusiastic. It is wonderful to realize how breakthroughs of creativity can come about, even in the most unique situations.

As you breathe slowly, smoothly, and rhythmically, allow your mind and body to continue to relax. With each number and word you hear, access an even greater reservoir of creativity. Five, create…

Four, ideas…

Three, breakthrough…

Two, inspiration…

One, enter a state of creativity, coupled with serene peace…

Enter a place where the subconscious mind can tap into the inner creative potential and allow you to succeed. Perfect.

These direct suggestions are strategies for going forward from this session with not only a surge in creativity, but the ability to put your new ideas into action. At the end of this session, your creative energy level will be fully charged. You will find, without even trying, an expanded ability for putting your ideas, feelings, and desires into words, artwork, or music. Hypnosis is a creative process and by following these instructions, you have been able to utilize and empower the creative spirit within.

In the past, you may have felt that you were out of ideas or out of creativity. However, today you have proven to yourself the incompleteness of these thoughts. This is because you are able to recognize that these incomplete thoughts can be completed. Just as easily as you can sit in this chair, you will also find that when you emerge from this state, you are ready to take immediate action on completing any tasks that require your focus or attention.

Now, feel any blocks to creativity or actions that exist in your mind and body. Let any known or unknown blocks lift through you as if a weight has risen from your being or as if lightness has lifted your spirit to new levels of success.

It feels wonderful to capture this feeling. This resource state of creativity can be tapped in to at any time, with or without hypnosis. You can always recreate this moment of power by simply taking a moment to realize that this inner resource has always existed within you and always does.

Focus on your breathing that has become slow, smooth, and rhythmic. Notice that your heartbeat is calm and regular. Notice that with each breath, it is as if you are inhaling creative energy and exhaling success. With the next breath, focus on the visions of creativity within your mind. See yourself as you know you are, and as you will be; experiencing creativity and having been successful at overcoming any blocks, known or unknown, that you are now giving up and letting go.

Take a moment to look at yourself in a state of creativity. This is what you look like at your creative prime. As you exhale, breathing smoothly and rhythmically, notice that it feels wonderful to see yourself as you know you will be. You are and will continue to be successful, powerful, creative, and energetic. Now, breathe in again. This time, focus on the sounds of success. Hear others congratulating you on a finished project, writing, or composition. But most importantly, hear your own inner voice congratulating you on success and realize that the same inner voice you are hearing now can provide you with answers to your creative needs. This voice is speaking to your spirit and soul. It can easily be translated into pen, brush, string, or anyway that you enjoy expressing your creative voice.

As you exhale, relax even deeper and begin to focus on the feeling of creativity. Inhale again, breathing in the feeling of success and creativity. Ask yourself, what does it feel like to be creative and in a state of accomplishment, having overcome known and unknown blocks? This is the state, the feeling, that you have the ability to recreate at anytime you need inspiration. If in a day or two, a week, or a year or more from now, you need to recreate this wonderful feeling, just take a moment to breathe deeply and recreate this magnificent state. Perfect. As you exhale, feel the need for immediate creativity and become ready to take action. Realize that in a few moments, you will be able to emerge from this brief respite to take action on your ideas and thoughts. Perfect.

Each time you have self doubt, think of the many times you have used creativity in the past, including this session. Replace the old idea or misbelieve that you are stuck, with the truth.

The truth is that the intuitive and creative nature which lies within you is easy to tap into, by simply choosing to pay attention to it.

As you realize that overcoming any creative blocks is as simple as the design of a Post-It Note, you will be reminded of your own creative nature, each

time you see a sticky note. You may even want to post some notes, with or without messages related to your abilities, in places you will frequently see them. Places like the bathroom mirror, above your desk, around the house, or even in your car, are good choices. This way, you can be sure that you will see inspirational reminders, every day. Anytime you see a Post-It note, even one written on by someone else, you will be reminded of your own creativity and ability. It will bring a sense of success and energy to the conscious mind.

Each day for the next two weeks, you can improve this process of enhancing creativity by taking a moment to recharge your creative mind and energize your body. In doing so, you will internalize the skills for enhancing creativity and you will find that answers intuitively appear for any creative dilemma you face. Take a moment, as you prepare to take action to harness this feeling you have created here for yourself.

Enjoy another moment or two of peace and serenity. You will find it as easy to focus on your work as it is to focus in this session. Perfect. Now, feel the floor below your feet and sense the air in the room around you. Notice the feeling of energy each breath brings as you realize a creative force exits within you that is now prepared for action. Keep the eyes closed for now, as you begin to slowly stretch any muscles that need to be stretched. With each breath, feel oxygen flowing to each and every cell in the body as you prepare to emerge into a state of action.

As I count from one to three, with each number you become more refreshed and awake.

One, feeling empowered…

Two, recognizing the creativity within you…

Three, open the eyes and feel ready to act…

You have had the wonderful experience of renewing the mind, body, and spirit.

EYE-FIXATION INDUCTION

Hanging from that ceiling fan is the chain that turns the ceiling fan on and the ceiling fan off. Do you see it? If you fixate your eyes on the little ball at the end of the chain and keep your eyes on that spot, it could help you to experience trance and relaxation.

Very good.

As your eyes are focused on that little ball at the end of that chain, they may become heavy or want to close. Don't close them yet. Let them remain open as you gaze intently at the little ball hanging from that chain. Maybe one side of it is darker, lighter, or somehow different than the other side. There may even be a real or imaginary spot in the center of the ball that your eyes can become fixated upon.

As you focus your eyes on that ball, they may become more tired and heavier. When you are ready, you can close your eyes.

(Pause)

With your eyes closed, you feel a tremendous sense of freedom because you have allowed yourself to experience what is most important to you at this moment in time. As your eyes remain closed, part of you knows that you could open them if you wanted to, but it feels so good to allow yourself this moment of tranquility.

From this point forward, you will simply choose to keep those eyes closed. If you need to swallow, take a breath, or even move for comfort, that is okay. In this state of tranquility and serenity, your subconscious mind is able to do the work that it needs to bring you a sense of security and a sense of peace. It is perfectly okay to get more comfortable. Every time you adjust or move, it simply brings you into a deeper state of trance.

In this deeper state of trance, you are able to experience everything that you would like to experience such as feelings of goodness, serenity, and tranquility. These are good things that you can take with you throughout the rest of the day.

** At this point you can add a suggestive script, deepener, or an awakening.*

PROGRESSIVE MUSCLE RELAXATION INDUCTION

In this first session, I am going to guide you through a process of relaxation. All hypnosis is really self-hypnosis, so I am simply going to give you some instructions that can help you achieve a state of both physical and mental relaxation. What I'd like you to do is simply make yourself as comfortable as you possibly can. It's okay to adjust your comfort at any time. This is really your time to experience what it is that you'd like to experience, as we demonstrate some techniques of hypnosis.

I'm going to give you some suggestions in regards to relaxation that I believe can help you to experience total serenity and total peace. This is called a progressive muscle relaxation experience. It is fairly simple. I'm going to ask you to start by simply making yourself comfortable and closing your eyes. If you notice any spots in your body where you are carrying the tension of the day, make the decision to let go of that tension. You want to allow all the muscles in your body to become more relaxed. Notice that your breathing has become a little bit slower already. That is good.

Take a deep breath. Breathe in and exhale. Deep, slow breaths help to easily bring us to a point of hypnosis and trance. Very good. As you relax and as you find a comfortable spot, imagine releasing stress in the muscles in the top of your head, the muscles in your brow, the muscles along your eyes and cheeks, and the muscles in your lips. Simply let go of any tension in the muscles of your face or in the top of your head.

As you allow your body to experience a state of physical relaxation, it's okay to let the mind wander and think of anything that brings you pleasant thoughts. Continue to relax the muscles in your body along your shoulders, in your arms, and in your upper back. Allow the tension to simply begin to disappear. In fact, it's as if you can feel tension from the muscles in your upper back, shoulders, and arms begin to move to your forearm, through your hands, and out of your fingertips.

Picture the stress of the day leaving your body as you relax. Pay attention to the muscles in your chest, stomach, and your lower back. If any of these muscles are tense, simply let go of that tension. Your muscles become limp and loose, like a big pile of rubber bands. You experience serenity and peace. This brings you into an even deeper state of relaxation. Relaxing the mind is an easy thing to do also. As your body becomes relaxed, your mind becomes more relaxed, as well.

Our legs do a lot of work for us. Sometimes the tension of the day can be

stored in the muscles along the hip, buttocks, or in your upper leg. If you notice tension in these places, let that tension simply flow from the top of your leg though your calves and through the muscles of the feet, ankles, and out of your toes. At this point, you appear to be very relaxed. In this state of relaxation, we can experience tranquility and peace. If you need to swallow, that's okay. If you adjust for comfort, that's okay, as well. From your head to your toes, you have allowed yourself to become completely and totally relaxed.

Your mind also has the capacity to relax. These are skills that you will be able to apply to problem solving in a number of different areas in life. This feeling of relaxation is exactly what hypnosis is. Perhaps you feel like you could open your eyes if you wanted to, but relaxation feels so good that you simply continue to choose to keep them closed. Enjoy this experience for a moment.

(Pause)

As you allow your entire body to become limp, loose, and relaxed, this time will become meaningful to you. It becomes meaningful because you have acquired a new skill; the skill of taking physical control over your own body and emotions.

(Pause)

** At this point you can add a suggestive script, deepener, or an awakening.*

INDUCTION: ERICKSONIAN-STYLE CONFUSION WITH LEVITATION

I think you will find the next couple of minutes very enjoyable. That is my hope. I'm not going to ask you to do anything that would make you uncomfortable, or anything that is difficult. This is really a learning process. In learning hypnosis, one of the things that you are able to do is learn the difference between the conscious mind and the subconscious mind. In learning and experiencing hypnosis, a lot of people experience not only a tremendous amount of relaxation or peace, but they also find that sometimes they can access parts of the mind that they didn't know existed before they learned hypnosis.

What I am going to ask you to do is really pretty simple. I want you to follow the directions that I give and simply allow yourself to learn from this experience. I'm going to be using what might be called an Ericksonian-style or confusion induction. In this process, the conscious mind will hear the words and the subconscious mind will be able to make the choices. Our goal here is to integrate our conscious and our subconscious thinking. It really doesn't matter if you hear all of the words that I use or if you only hear some of the words. What really matters most is that you allow yourself to learn from this experience in any way that would be beneficial for your mind.

Start by simply taking a deep breath and making the decision to relax. Many people find that it is easier to relax if they simply rest their hands on their legs. You can look at your two hands. As you look at those two hands, you may see some similarities or perhaps you may begin to notice some differences between them. In a moment, I am going to ask you to make a choice. Your conscious mind may hear the words that I'm using, but the subconscious mind will actually make a choice between the two hands. You may choose the left hand. Perhaps you will find that is actually the right choice for you. Or, you might choose the right hand. The other hand will be the only one, of course, that is left. You may or may not understand why you made the choice that you made from the conscious mind, but the subconscious mind will understand the differences between those two hands.

With a part of your mind, whether it is your conscious mind that can hear the words that I'm using or the subconscious mind with memories and feelings that you experienced, make a choice. Ask yourself which of those two hands will become the hand that is light as a feather and which hand will be heavier than the other? There really isn't a right or wrong answer here. It's really dependent on your own experiences, your own choices, and the feelings that you have.

As you look at those two hands, your subconscious mind knows which of those two hands is lighter than the other. Your conscious mind may be aware of the choice that your subconscious mind has made. Or perhaps it's not. This is fine, too. You can begin, at this point, to feel the lightness in one of those hands. That lightness can extend to the fingertips and even into the nails of the hand that your subconscious mind has selected. Perhaps that lightness extends all the way up through the forearm and even into the elbow. If you find your eyes getting tired while you stare at that hand, you can allow your eyes to close. If you do, you will find that the relaxation you experience is twice as deep.

The hand that your subconscious mind has identified as being the hand that is lighter than the other hand knows how to experience that feeling of lightness. (Pause) The feeling of lightness in that hand may start out as a simple physical awareness of the difference between those two hands. You may even feel a twitch in the finger or a tingling under the skin. Your breath becomes shallower. Your heart rate slows.

(Pause)

The subconscious mind is being spoken to; it understands the feelings of lightness. It's almost as if a balloon has been tied around the wrist. As the hand begins to move gently, that balloon causes that hand to rise. The conscious mind may wonder how this occurs, but the subconscious mind is able to create its own reality and its own experiences. As that balloon begins to lift the hand slowly higher towards your face and into the air, you experience the feeling of lightness. That hand can simply rest right there, higher than the heavy hand and feeling lighter than the other hand.

The experiences that we create with the subconscious mind are experiences that we are able to learn from and use in any way we would like to. That hand can come back to rest on the leg or it can rise higher in the air. Your subconscious mind is able to make the choice of where you would like to place that hand at any given time. The hand can rise or the hand can fall, just as the subconscious mind is able to note the difference between the left and the right hand.

In a moment, I am going to ask you to allow yourself to completely and freely experience a moment of tranquility, a moment perhaps more peaceful than any other experience that you have identified. Your subconscious mind is able to do this because your subconscious mind and the conscious mind can work together. In your mind, take a moment to simply create a feeling of wonder and a feeling of peace. At any time throughout the day, if you experience difficulty, tension, or stress, you can bring yourself back to this point where you are right now.

** At this point you can add a suggestive script, deepener, or an awakening.*

STAIRCASE DEEPENER

Note on language use:

The hypnotist should take care not to inadvertently cause the client to have a negative reaction when using some forms of imagery. For example, if the client is allergic to feathers, the use of a feather bed would not be a wise choice. Instead, you could simply alter this imagery to a fluffy bed. Furthermore, if the client has a fear of heights, you might want to add the imagery of a sturdy hand rail on the staircase or perhaps have them take ten steps across the ground towards a particular location. Using generic concepts whenever possible will help you to avoid most of these potential pitfalls, but the exception will come at one time or another. The alert hypnotist should pick up on these kinds of cues during the initial assessment process by asking about any fears or phobias and by paying close attention to the client's responses to your language choices during a session. For example, if the client instinctively wrinkles their nose at the word feather, simply change the word "feather" to "fluffy" throughout the rest of the session.

Script

As you relax, I want you to create a mental image of a grand staircase. This staircase curves either to the left or to the right. It has a grand banister with ornate carvings.

(Pause)

This heavenly flight of stairs has ten steps.

(Pause)

You are at the top of the ten stairs.

(Pause)

In a minute, you are going to slowly move, in your mind's eye, from the tenth stair to the ninth stair. Then, move from the ninth stair to the eighth and all the way down until you eventually get to the very last stair. When you get to the bottom of the staircase, you are going to step off into a giant, restful feather bed. It is a place of complete tranquility, comfort, and peace.

(Pause)

As you relax, imagine yourself at the top of that grand staircase. Move from the tenth stair to the ninth stair. With each slow movement from one step to the next, you become more relaxed. Your sense of relaxation increases ten times with each step down. Now, move from the ninth step to the eighth step….

From the eighth to the seventh…

Relaxing even further…

Allowing your mind to drift and your body to relax…
From the seventh to the sixth…
Sixth to the fifth…
Doing good…
Fifth to the fourth…
Almost there….
Quadrupling the sensation of relaxation…
Peace and serenity…
Three…
Two…
One...

In your mind's eye, you can see that bottom step. With the next step, you are going to step off this heavenly flight of stairs into a state of total relaxation and comfortably rest on a feather bed or a pillow that you have created in your mind.

Zero…
All the way down now, totally relaxed…
Opening the subconscious mind to new thoughts, ideas, and experiences…

DEEPENER: STAIRCASE WITH FRACTIONATION

If you would, relax and get comfortable. Join that chair that is becoming your friend today. Let your mind relax. Let your body relax. As your mind relaxes and your body relaxes, I want you to imagine that you are at the top of a heavenly flight of stairs. There are ten steps on the staircase.

Let the sensation of relaxation double with each step down the staircase. With each step that you take, you will descend into a deeper and deeper state of hypnosis.

Ten, step from the top stair to the ninth stair.

From the ninth to the eighth…

And to the seventh…

With each step, double the sensation of relaxation. Very good.

Eight…

Seven…

Six…

Five…

Very good.

With each step that you take, simply double the sensation of relaxation.

Six…

Five…

Four…

Three…

You are almost there. At the bottom of this heavenly flight of stairs, there is a fluffy, white bed and a fluffy, white pillow. When you get to the bottom step, you will be able to enjoy the deepest state of serenity that you have experienced. Now, step from the fifth step to the fourth…

To the third…

To the second…

Almost there…

Four…

Three…

Two…

One…

Almost all the way there…

Step from the third…

To the second…

To the first step…

On that lowest step, enter into the giant bed of relaxation. This is a state of total calmness, peace, and serenity. I will give you a minute to simply enjoy this state of peace and serenity. What is great is that you can recall this state, at any time. It is useful to recall when you are stressed, overwhelmed, or if you are experiencing difficulties in life. (Pause) For just a moment, no matter where you are, you will be able to use this skill to help bring a sense of centering in life.

DEEPENER: FRACTIONATION NUMBER COUNTDOWN

Let yourself simply relax in the chair. Take a deep breath. Breathe in. Breathe out. With your eyes closed, simply allow yourself to enter a peaceful state of relaxation. As you do, I am going to count backwards from ten to one. With each number, double the sensation of relaxation.

Ten…

Nine…

Eight…

Let yourself become twice as relaxed with each number, physically and mentally.

Nine…

Eight…

Seven…

Six…

Five…

You are doing very well.

Relax every muscle and every element of the mind.

Seven…

Six…

Five…

Four…

Any concerns of the day are a thousand miles away at this point. Simply let yourself put them further away, mentally, emotionally, and physically. You go into a deeper state of tranquility with each number.

Seven…

Six…

Five…

Four…

Three…

Drifting…

Floating…

Peaceful…

Five…

Four…

Three…

Two…

You are almost all the way there, totally relaxed without a care or concern

in the world.

Four…

Three…

Two…

Perfect…

Three…

Two…

One…

Allow yourself to simply enjoy this tranquil experience. Let your mind think about whatever it wants to at this point. Let your mind relax as those thoughts of peace and tranquility bring you a sense of wellness.

(Pause)

Perfect.

** At this point you can add a suggestive script, deepener, or an awakening.*

SPORTS PERFORMANCE

Maximizing Athletic Potential

Pre-talk

Hypnosis can be used by an athlete in many ways. When hypnosis is part of a treatment plan, healing is promoted following an injury or a surgery. It can also be utilized in sports by encouraging visualization to help a top athlete commit the steps of success into the subconscious mind and facilitate the realization of victory. In order to achieve a goal, one must have a clear image of what that goal is.

There are many other ways that hypnosis can help the athlete. These include development of physical skills and attributes, attitude changes that create success, and personal training for the mind. In short, each athlete has an “optimal zone of functioning” that is both physical and mental. This hypnosis session will help to maximize your athletic potential.

Hypnosis is not a mystical or strange state. Each day, we enter into hypnosis on our own. It can be experienced through relaxation, concentration, or the use of our imagination. We use our subconscious mind to help us to complete tasks on a daily basis. After all, we drive a car entirely with the subconscious mind. We do not have to relearn how to drive each morning. To take a break from the stress of the day, many of us daydream. We also give our undivided attention to certain tasks or responsibilities. These are all hypnotic processes. Hypnosis is not a single activity or event and people experience hypnosis in ways that are unique to them. The purpose of this session is not to create a specific feeling or experience, but rather to help you achieve your own zone of optimal functioning. The real value in this training is not the time you will spend in this session. The value lies in the skills that you learn and your ability to replicate them in times of athletic performance.

You do not have to try to be hypnotized. All you have to do is listen and experience the suggestions I make. The results will speak for themselves.

Induction

Begin with eye fixation, as it will be referred to later in the session.

Deepener

Indirect Suggestion

For some time now, you have desired to live up to your highest potential in your chosen sport. Inside each athlete is a special part that desires to perform at optimal function. Tapping into this creative, intuitive, and dynamic part of you is entirely possible. After all, you have already taken the first step by coming for

this session in order to begin the training of your mind. In Western thought, we tend to make a distinction between the mind and body when training. However, the reality is that separating the mind from the body is impossible on the field, in a game, or in a competition. In each and every athletic event, you take with you both mind and body.

It is amazing how many times we hear people who are not athletes, using sports performance metaphors. We hear politicians talk about “crossing the finish line” and ministers tell us how to handle life when we “bowl a gutter ball”. We hear salespeople talk about a “slam dunk”. The reason sports metaphors are so often used in everyday conversation is simple; people intuitively know that creating a great life is a lot like creating a great performance. Have you ever thought about how metaphors from life can help you understand your game better? Increasing your ability is as “easy as pie” and this process of mental training will “fit you like a glove”. As you relax, listening to each and every word, creating pictures with your mind, or simply taking the time to experience the lessons in this session without paying particular attention to the words that I use, you will be adding new chapters to your book of success.

Transitional Deepener: 5-4-3-2-1-0

I am going to give you many suggestions throughout the rest of this session. These suggestions do not come from me, but rather they are suggestions you have asked me to make for you by coming to this session. They may be suggestions that I speak, but they are yours; coming from within you and helping you to experience success each day, in every way.

Suggestions for Physical Healing and Wellness

By creating this state of deep relaxation and concentration, you can really listen to your body. Hear yourself breathing slowly, smoothly, and rhythmically. Feel the heaviness in every muscle of your body as you relax and see yourself as you are, deeply relaxed. Continue this relaxation. Let go of any remaining tension and allow yourself to be comfortable in this moment. By listening to and stilling the body, you can become aware of the restorative work the body does on a daily basis. It heals sore muscles, giving life to each cell of the body. Feel a sense of wellness increase in every muscle and cell.

Each day, healing takes place as we sleep and as we flush our body with the

water of life. Each day, our bodies are restored by proper nutrition, feeding wellness into every aspect of our bodies. Of course, this is very important to an athlete. This is the natural healing our bodies are designed to create and you control this each and every day, in each and every way. You can control this by drinking ample water, maintaining healthy eating patterns, and getting enough rest. You can also promote healing and wellness that will equip your body to experience maximum performance. It can help you at any time in the days or weeks before a big event, or after injury, to just let your body heal as you are doing now. Notice what it feels like to watch the body restore itself. It's almost as if you can hear the growth in muscle, the silent movement of flexible joints, and the voice of your cells cheering for recovery.

Suggestions for Managing Performance Anxiety

In the past, you may have found yourself comfortable in solitary practice or comfortable performing with your teammates. However, you might have felt differently at the time of a big game or when performing in front of a crowd. These situations are, in fact, different. It makes perfect sense that one might feel different in front of a crowd than when in practice. Even though it makes sense for these situations to feel different, it is quite possible for you to recognize that you are still the same you, regardless of which situation you find yourself in.

Anytime you find yourself uncomfortable before a crowd, take a moment to see the "you" that you are in practice. Bring that experience into the moment by simply visualizing that "you" from practice, running into the "you" in front of the crowd. Perhaps you have seen a Hollywood science-fiction movie, where a character from a different time and place runs to catch a character that is under stress in the present. In Hollywood, they often let that old self merge fully into the new self to add power, stamina, and confidence.

Right now, right here, as you listen to this session, let yourself feel a sense of confidence. Think back to a practice or a scene where you performed your very best. Perhaps it was alone, with others, or even with teammates. Simply pay attention to the feeling you had in that moment of confidence, success, and feeling comfortable with your growing abilities. Do you feel that sense of confidence now? Perfect.

Any feeling you can create here while listening to this session, you can

create at any time in any situation, even during a big event. You can test this immediately before your next performance by noticing what it feels like to bring the power of the “you” in this moment, into that situation.

Suggestions for Increasing Concentration and Focus

Just as you practice the movements of a sport, you must also practice the art of concentration and focus. At any moment during a busy game or event, the unwavering focus of top performers is a trait consistent with success. You may already have an easy time with this, or you may find that you are one of the many people with a wandering mind who may have had difficulties focusing. I used the past tense here, because now you have committed to learning something new. In fact, you have already taken action on this by choosing to experience hypnosis.

Just as your diligence in athletic skill has helped you increase your potential, you have made the determination to increase your acuity in this area as well. The results are predictable. Any time we endeavor to improve and take the time to do this, we will always make improvement. This is an axiom that has been proven time after time. In fact, you have begun by attending this session and focusing on a place on the far wall. Just as easily as you can bring your attention to something as meaningless as a spot on the far wall, you will find it easy to focus your attention on something important during any big event.

There is something you do each day without thinking about it. You have done it each day since the day you were born and will continue to do it each day for the rest of your life. This is, of course, breathing. One way to practice attention and concentration skills is to intentionally draw your attention to something mundane and automatic like our breath. So right now, right here, pay attention to your breathing. Notice that as you slowly inhale, you can feel the air in each nostril and feel its pathway through the back of your throat and into your lungs. Visualize each breath, like a swimmer turning at the end of a lap, becoming an exhale in the lungs. Pay attention to the way it feels to expel this air. Breathe each breath in and then out.

Each and every morning, start your day by taking two or three minutes to focus on your breath. Find a comfortable chair to sit in and pay attention to your breath for a few minutes. If you find your mind wandering or drifting, bring your

attention back to your breath. This daily practice will help you to develop a new automatic skill, the skill of attention or mindfulness to the moment. You will find that the result is an increased concentration and focus in every activity of the day and the ability to simply choose where you place your attention, even in athletic practice or performance.

Suggestions for Maximizing Performance

The research has shown that top athletes find an optimal zone for both physical ability and mental sharpness. This level is achieved by using the subconscious mind to perfect your performance. As you engage in your chosen sport, you want it to be like driving a car or breathing. It is just something you do automatically. Visualization is a tremendous way of moving towards your own zone of optimal performance. The amazing thing about the mind is that anything that is a reality had to be an idea first. For you to function at your highest level of performance, that idea must be rehearsed.

Take a moment to see yourself as you know you can be. Imagine you are watching yourself on a large movie screen, as you sit comfortably in a theatre. Watch images of yourself in that zone of perfect physical functioning and mental security. See yourself engaging in your sport and doing what you love. Feel the excitement and hear the crowd cheering you on.

Now, think of a shot, a play, or a maneuver that has been difficult for you. Imagine you are watching a movie of yourself, flawlessly executing every aspect and attribute of that feat. Imagine a movie where each and every time, you perform just perfectly. Watch yourself execute success in every aspect of that performance. We are now going to watch this mental move three times, in slow motion.

First, see yourself without sound in that moment of perfection. Pay attention to your legs, your arms, your head, and your eyes. See yourself mastering your sport and achieving perfect success, in every way.

Now, stop the movie. Play it a second time. This time, listen to your breath, your body, and hear the cues that lead you into a perfect connection. Now, stop.

Play the mental movie again. However, imagine that you are stepping into the screen. Imagine the image of yourself that you have been watching, fully become you. Feel the sweat, effort, and the connection you make. Feel every

muscle in your body succeed with its greatest capacity. Now, stop. Perfect.

By creating this idea and practicing these exercises, you have begun the process of turning thoughts into real experiences. Whatever the mind can conceive, the body can achieve. Over the next day or two, take some time to practice this exercise over and over again. You will, of course, find that the results maximize your performance. You will be at the apex of your success during practice and at the critical moments.

Suggestions for Functioning on a Team

(Indirect suggestion using a metaphor)

Before we conclude, I am reminded of something that happened to me years ago. I had a meeting to go to that was very important. I was in a different city and staying in a motel near the highway. There were many truck drivers, workers, and other people who were all checking out in the morning, enjoying the free coffee at the motel. I got in my car, but it just wouldn't start. Because my car was a stick shift, I knew that I could roll the car and pop the clutch to start the car and make it to my meeting. Although I was with a friend, she was not strong enough to roll the car with any speed. I couldn't help since I had to sit in the driver's seat to pop the clutch. A few of the other guests were paying attention to what must have been a comical sight. One large construction worker came out to help. He helped to push the car into a position where it could be rolled. However, it was an older car and very heavy. Therefore, the first attempt just didn't have enough speed and failed. Two or three of the other guys in the lobby emerged and began pushing my car. Even though there was no hill in sight, with all of this help I was able to get the car going. Of course, the lesson here is something you already know; that as a team we can accomplish much more than we can as an individual. By paying attention to the needs of other members and each member playing the right part, we can accomplish something together that is important to all.

Sports Performance: Circle of Confidence

Now that you are feeling completely relaxed and in control, think back to a time when you were successful at your sporting activities, a time when you reached and then exceeded your personal performance expectations. Everyone cheered for you because you did so well. That was one of the happiest times for you because you were in control and confident. You knew what to do, how to do it, and you did it well. Now, recreate the very emotions that you felt at that time. Re-experience the power you felt, the success you achieved, and the excitement of the moment. Allow yourself to feel those feelings again, now.

Now, imagine a stick of chalk in your hand. With that chalk, draw a big white circle. Just seeing this circle instantly creates wonderful feelings for you. This is your circle of confidence and success. You will always have a stick of chalk with you in your mind and you can draw this big white circle around you and your game at anytime you wish, for the rest of your life.

Step into your circle. Feel the power and control of the circle. From this point forward, when you are inside your circle you will instantly begin to feel confident and successful, just as you have felt before when you performed so well. From this point forward, anytime you begin to feel anxiety, worry, or stress about your game or abilities, you can simply step into your circle of confidence and those worries and stressors will simply melt away. Instead, you will feel confident, successful, and refreshed. You know how to play the game and you know what it takes to do well. You have confidence in your ability to succeed with every move you make. When you step into that big white chalk circle that surrounds you and your game, you will be able to take consistent action to achieve your sports performance goals.

** At this point you can add a suggestive script, deepener, or an awakening.*

GOLF

Golf: Enhancing Focus and Confidence

Sometimes, people wonder if hypnosis can really improve someone's golf game. However, you already know the answer because you have become calm and relaxed in hypnosis. You know that inside of you there is the ability to focus on each swing and control your muscles, breathing, arc, and every element of your golf game. In fact, in the past you have done well by playing some very good rounds of golf. You can draw on these successes in the future by envisioning yourself hitting the ball well, with the proper form and follow through, each time you step to the ball in the rough or on the fairway. Mental imagery is a big part of golf, and at this moment you can mentally review every action you already know how to take to achieve success.

Picture some of your best tee shots. Review what you did in the moments that preceded stepping up to the ball. Review the moments that you checked your grip and stance. Now, review your swing and follow through and note each correct thing that you have done. These are the skills you already possess. You do not need to learn anything new to do well; you simply need to incorporate these actions into every golf game you play. You know that you are capable of this level of performance because you have achieved it in the past.

Imagine a difficult shot that you have made from the rough or a sand trap. Again, imagine your focus and your frame of mind. Review all of the actions you took to make the shot that you were so proud of. Instead of focusing on what is wrong in your game, you now have the ability to replicate that which is good in your game. Draw from these past experiences to do well in the future. Your confidence is increased from the knowledge that you already have what you need to achieve your goals.

From this point forward, with every swing you can effortlessly, calmly, and confidently succeed at your goals. Anytime you lack confidence, simply bring yourself back to this point where you are now. It is this state of calm confidence that you can utilize whenever the need arises. Then, step to the ball and follow through with ease. You have undertaken a bold step today; one that you can be resolutely proud of.

I am going to count from one to five and as I do, you will become more alert and energetic. You will feel a sense of serenity and accomplishment like you have never experienced before. From this point forward, through the rest of the day, you will be able to handle stressful situations with calmness.

One, becoming more awake…

Two, health and energy flow through every fiber and cell of your body…
Three, more alert now…
Four, you are almost awake, but feel calm…
Five, fully alert now...

You are fully awake, refreshed, and energized! You know that in every day and in every way, you are becoming better and better.

Golf: Perfect Putting

In this state of serenity, you are able to become aware of anything you want. You can focus on to your body, your imagination, your desires, or your experiences. Golf is a game of focus. Many professional golfers will tell you that the game is 99% mental. I am speaking to your subconscious now and you are aware of these words. You enjoy golf and have experienced success in your game. Not every putt is perfect, but you have had the experience of making a long putt with ease and even occasionally surprising yourself.

In the past, you have certainly enjoyed the moment when a putt appeared impossible to the other golfers, but you measured the break perfectly. You tapped the ball with just the right amount of speed and watched as it landed in the center of the hole. Every putt can be like this for you. You can do this by moving your awareness to a point where you cast away doubts, concerns, or stressors. You simply have to focus, like you are easily doing right now, on the perfect putt.

It is easy to move your awareness to your game and away from distractions. You can move your awareness at any time. As you putt, you will become aware of your increased confidence and aware of your ability to do well on each green. You know that this awareness is possible because you have succeeded in the past with some very difficult putts. Becoming consistent is one of the keys to successful putting. You can now putt with consistent success because you are able to move your awareness to your body and relax the muscles that need to be relaxed to succeed. You are able to move your awareness to your focus and confidence. These lessons create the successful experiences you desire and that you can now act upon consistently.

It is easy for you to simply dissolve distractions. Like a scene change in a movie or TV show, every distraction will simply melt way and dissolve as you

approach the ball. From this point forward, when you putt your focus will be relaxed and on target. It will feel comfortable moving your focus to success and it will be something you can do with ease because this is a natural state for you. Envision that perfect putt. Watch yourself step onto the green with your putter in hand and easily make the putt that you need to. Each time you approach the ball in the future, bring yourself back to this perfect place of focus and confidence.

Awareness is a wonderful thing. You have the ability to become aware of all that is important to bring this experience in hypnosis to every aspect of your life, especially your concentration and focus. You have the ability to create relaxing focus for yourself and to experience this focus at any time, with all five of your senses.

As I count to three, you will become more aware of the room around you and of the satisfaction that you can feel. You will find it easier to experience hypnosis again in the future and to apply these lessons to all of your experiences. One, with your eyes closed, simply move your awareness to a more alert state. Two, you can open your eyes if you would like to or keep them closed for another moment, as you begin to feel more energetic and refreshed. It is as if you have experienced a very pleasurable and invigorating moment. Three, you are wide awake. Open your eyes and enjoy your day.

ACADEMIC PERFORMANCE

Many people ask me how hypnosis can be useful for academic performance or test-taking. Hypnosis has long been used in three ways to help students be successful. It can create a sense of accomplishment and empowerment to allow a student to fully step into their higher-self and utilize the potential within them. It has also been used to teach specific skills for managing anxiety that may come when taking a test or under time pressures. In addition, hypnosis is also a tool for blocking distractions by allowing students to clear a pathway to accessing previously studied material. In this hypnosis session, all three of these issues will be addressed, allowing you to achieve your optimum level of academic performance.

Induction

Deepener

Often, people who first experience hypnosis mistakenly believe that it is the same thing as sleep. However, notice that you are not asleep, just relaxed in body and focused in mind. In fact, in this state you could easily choose to let the mind drift into a daydream or focus on a thought, a feeling, or visualization. During our session, utilize the choice to stay focused, exploring the ideas and following these processes.

You are, of course, an exceptional student and you have been for a long time. However, no one ever reaches their highest potential because we are all able to raise the bar of performance a bit higher with each previous achievement. For example, a high bar jumper does not start at the height of a previous world record holder to begin his practice. Rather, he starts jumping at low distances and increases the bar by millimeters in each successive performance.

Currently, the world record holder for high jumping is a man from Cuba named Javiar Sotomayor. His record is 8.046 feet (or 2.45 meters). However, even he has broken his own record on multiple occasions, first setting the record in 1988 and then besting it in 1989 and again in 1993. With each success, there was a period of time that record was the world’s greatest, but the ability to outperform came again.

If you were conducting a science experiment on resistance and had an aerodynamic race car that had a large, square piece of plywood mounted to the front, it simply would not go very fast. Even though it is a race car, that large piece of plywood would slow it down. Of course, the answer to speeding up the car is to remove the non-aerodynamic plywood. This will let the natural curves of the racecar easily slice through the air, reducing its drag co-efficient and

helping the car to maximize its potential. It is easy to see how a large piece of plywood mounted to the bumper of a car would be a useless hindrance.

What have you mounted on your academic performance? Perhaps it is fear, anxiety, and stress? These things really shouldn't be a part of your test scores. They serve no purpose and hinder performance. Just like a pit crew could remove a large piece of plywood mounted to a race car, I bet you have the resources to go into an exam without tension, stress, or anxiety. Your toolbox of success certainly contains the equipment necessary for you to sit through an exam without an extra piece of plywood mounted to you.

As you continue to relax your body and focus your mind, return your attention to your breath. Note this moment with mindful intention. Notice the way the breath feels as you inhale and even notice the temperature of the air, itself. In this moment, as long as you are breathing, everything is exactly as it should be. To avoid fusion to the piece of plywood… I mean, anxiety, you can use this simple strategy during any exam.

When you note that you have a feeling like anxiety, fear, or worry, just note it. Say to yourself, "that was an anxious thought", or label it as a worrisome feeling. Instead of attaching it to your bumper, just let it pass as you return your attention to your breath. Take no action on those feelings. Just let them exist while you stay in the moment and return your attention to your breath. By practicing mindfulness each day, this pattern of response will become automatic. You will discover that you can intuitively and easily master each moment, achieving your highest level of performance on every exam.

There are some things you have learned in this session that you can take with you. When I began guiding you though this process, you may recall relaxing the muscles of the body. Although this is a simple strategy, it is a very useful for managing the physical distress of anxiety and fear. Before any exam, you can take a few minutes and just note any tension in your body. We often carry stress in our muscles and if we note it and release it, just like you dropped your shoulders and relaxed the jaw, it will not become bigger. You will not feel a sense of agitation or jitteriness before an exam.

In fact, try that now to practice. Scan your body and note any tension. Simply, label it as tension and let those muscles go. Note your brow and jaw and unclench the teeth if you note any tension there. Let them relax. Focus on your hands and feet, letting them be relaxed and heavy. This process is one you can practice at any time before an exam or even during an exam to take away the jitteriness and replace it with calm.

Because you have come here today and taken the time to learn new things, it is clear your performance on exams will increase and that you will easily recall

previously learned material. Have you noticed how your body has been relaxed, but as you have paid attention to this process, your mind has been quite focused. This state that you have created is an optimal state for clarity of mind. Of course, you know that this leads to easy retrieval of important information, without distraction. Now you even have a new skill for dealing with distraction, by simply returning your attention to your breath and letting a thought or a feeling just be a thought or a feeling. You don't have to be carried away by your thoughts. So, you can say to yourself:

"I am an excellent student."

"I find it easy and natural to become focused."

"I am calm when I breathe."

Posthypnotic Suggestion

Imagine a clock hanging on the wall with a black minute hand, a black hour hand, and a red second hand. The clock always moves clockwise and has given you a message that time is running out. However, that message is based on faulty premise that time is relevant to you. As an excellent student, you have beaten the clock in virtually every exam you have ever taken. Therefore, the clock really holds no meaning, as you are always given enough time. So, simply replace the old message with a new message that reminds you, when you glance at the clock, that it is time to be mindful of this second. Pay attention to your breath, feel the pencil in your hand, and the answers in your mind. Say to yourself, "In this moment, I have the resources for success". You find that the clock is no longer a cue for anxiety, but it is replaced with a message to be mindful of the moment, as if time stands still in any exam.

Improving Memory for Tests

Pre-Talk

Induction

Deepener

Suggestive Therapy

The mind already possesses the knowledge it needs to recall facts, figures, and information. There is a story about a wonderful teacher who helped his students to do better on exams. The teacher noticed that when students read passages from important books and were immediately asked questions about the

readings, some students had difficulty answering the questions.

However, when the teacher asked the students unrelated questions, such as where they were last night, what they had for breakfast, or what kind of car they owned, they were able to immediately answer every question. The teacher tried an experiment by asking questions about everyday life that were easy to answer. She peppered these questions with questions about the reading material. In every case, the students were able to recall both the superfluous answers and the required questions, without hesitation. The reason this worked is simple. When relaxed, the mind is able to access all of the information stored in it.

This hypnosis session will teach you how to relax the mind and answer questions, without hesitation, by becoming physically and mentally comfortable. Anytime you find yourself hesitating on an examination question, simply think of the type of car you drive or would like to drive. Imagine yourself looking at the vehicle from a distance, sitting in the driver's seat, or even the sound of the engine starting. Just think of it in any way you prefer.

At the moment that you create this recollection of an everyday experience, you will be able to refocus on the exam question and recall the answer correctly and without hesitation. This principle works because you are using the part of the mind that accesses recall. Simply clear the pressure off of the mind and move your awareness to something easy. Then, return your awareness to your exam. This is a great way to achieve new results and higher test scores.

Instead of thinking about a car, you can think about your favorite shirt, recall a favorite family member's birth date, or anything else that is pleasant, comfortable, and most importantly, very familiar to you. Then, simply return your awareness to your test question and answer it, because you already know that answer is in your memory. You will also be able to handle exams without stress, by using the skills acquired in this session. You can take a deep breath, relax your muscles, or de-focus from pressure, by taking a break in your mind and returning to this profound state of openness and confidence that you are currently experiencing.

Be still for another moment and allow your mind to recall all that you need in order to do well on your exams. You know that because you have studied and practiced, you already possess the knowledge and memory needed to pass the exam.

You have the information.
You have recall.
You have confidence.
You have control.
You have focus.

You have the ability to test and perform well.

As you hear each of the following words, recall a positive situation or experience that you relate to each.

Confidence…

Recall…

Success…

Serenity…

Performance…

Achievement…

Acceptance…

Memory…

Knowledge…

Again, be still for a moment and allow your mind to recall all that you need in order to do well on your exams. You know that because you have studied and practiced, you already possess the knowledge and memory needed to pass the exam. You will do well.

You have the information.

You have memory recall.

You have confidence.

You have control.

You have focus.

You have the ability to test and perform well.

Awakening

Overcoming Test-Taking Anxiety and Stress

Pre-Talk

At every level, students have benefited from hypnosis for reducing test-taking anxiety and helping them to prepare for every kind of test imaginable. Studies show that reducing anxiety can have as much impact on test-taking performance as any other aspect. You are about to learn the skills of self-hypnosis that can assist you in reducing physical and emotional tension prior to taking examinations. With these skills, tests in school, vocational tests, entrance exams, and board and licensure exams will be experienced in a new way. You will be able to approach each exam with confidence, empowerment, and success.

Hypnosis is a great tool for reducing test-taking anxiety. It will work to help you reduce anxiety because hypnosis is an educational process that teaches easy-to-use skills for physical relaxation. In many cases, the physical sensation of anxiety produces even more anxiety. This compounding effect can be broken with simple strategies.

Everyone who experiences hypnosis learns the physical skills of managing anxiety automatically, just by engaging in the process and following the directions. Hypnosis can also help you create new patterns of emotional response. I am going to give you suggestions that will help you to see test-taking from a new perspective. This will permit you to confidently and calmly enter any situation where you are taking a test. These skills can also be used apart from test-taking, in any situation in life where you want to create confidence and handle situations without anxiety.

I am going to guide you through a process of hypnosis that uses progressive muscle relaxation.

This is important, because learning the difference between tension and relaxation will be a helpful experience for you. Are you ready?

INDUCTION: PROGRESSIVE MUSCLE RELAXATION

Deepener

Suggestive Anchor

At this moment, you have created a sense of very deep relaxation. Notice your breathing is smooth, your heart rate has slowed, and your muscles are relaxed. This is a state that you have created and it is uniquely your experience. I am just the guide. I will teach you how to return to this state at anytime and anyplace you choose. This will be of great benefit to you, as you use your new skills of self-hypnosis to help you succeed.

I want you to continue to allow each and every muscle of your body to be relaxed. However, as you hear my words, bring your awareness to your left hand. Take a deep breath, relaxing even deeper as you exhale. Clench that left hand into a fist, tightening the muscles in your hand for a second. Perfect.

Now, relax those muscles. As you relax them, allow yourself to feel the sensation of relaxation extend through each loosened finger, sending you into an even deeper state of trance. Perfect.

Again, take in a breath. As you exhale, double the sensation of relaxation everywhere except that left fist. Bring any tension that remains to that point in your clenched fist where it is held tightly. Now, spread your fingers, letting all the tension disappear and let your hand become loose, limp, heavy, and relaxed. Feel the sensation of relaxation in your mind and body. Perfect.

This is called an anchor and anytime you find yourself needing to instantly return to a state of physical and mental calm, a state like the one you have created here, just tighten your left hand into a fist, hold that tension for a moment and release your fingers. As you do, you will find that every muscle in your body and every stressful thought in your mind will instantly relax and bring you back to this sensation that you have created today.

This skill is particularly useful to you as you prepare for a test or exam. It may seem simple, but any time you feel a physical or mental rise in tension as you prepare for an exam, enter an exam room, or even when taking a test, you can momentarily close your eyes, clench that left fist and release it. You will feel calmness replacing tension and confidence replacing fear. The energy to continue will replace the fatigue of preparation.

I want to congratulate you. You have done well by learning several new skills that will become second nature to you as you prepare for exams and take tests. It is easy to look back at your old experiences and note the difficulty you have had. It is a normal process for us to project those same experiences into the

future. But even though this is a normal process that most of us do without thinking, it can be replaced with a new process that ends the expectation of failure or anxiety.

To do this we are going to use a skill called visualization. You already have the ability to visualize. It is simply creating a mental picture. Our minds are a lot like digital cameras because once we see or experience something, that picture is in our memory. Perhaps you see yourself taking a test and experiencing tension, discomfort, or other difficulties. Chances are you may even have several of these pictures in the memory card of your mind. But just like a digital camera, you have the ability to erase these memories and replace them with new pictures. Take a moment to look at the pictures in your mind that reinforce depression, anxiety, and fear. Look into the camera of your mind and find the folder containing the pictures of your previous experiences.

Imagine you are holding a digital camera in your hand that contains these pictures. The camera has a button at the top that you can press to reformat the memory, leaving nothing but a blue screen that is ready for new pictures. Imagine pressing that button. The old memories of anxiety, fear, and tension disappear into a peaceful, blank, blue screen. Relax and take in a deep breath. Exhale and let yourself go even deeper into trance. Perfect.

Now imagine a calm you. You could be here or there, or maybe in a relaxing place where you have felt secure. You can also just imagine yourself, without being anywhere in particular. You might be standing or sitting, but being calm and confident. Imagine taking a picture of this confident, relaxed you. Save it in the memory of the camera. Good. Now I want you to imagine yourself as the confident, comfortable you, studying for an exam. See yourself in the library, on the computer, or lying on the bed or at a table, reading or preparing. This is the confident, calm you, studying. With that camera, take a picture of the calm, confident you. This image is also stored in the memory of the camera.

Imagine yourself, the confident and comfortable you, entering the room where an exam or test will be taken. Snap another picture of the ready, confident you. See yourself sitting down to take the exam. You are not responding as you have in the past, but as the confident, comfortable you. It is the you that feels a sense of calm and serenity when letting go of the tension in the left fist. Perfect. Snap another picture.

Project farther into the future, seeing yourself as that confident, comfortable you that is taking and completing the test. You are calm and without fear. Perfect. Snap a picture. You know that you can achieve what the mind can create. By simply creating this image, you have conquered your anxieties. Snap another picture of yourself, confidently taking a test. Take one more picture as

you complete the last page of the exam. Perfect.

Review the files you have saved with the new pictures of you, as you will be in the future. The pictures show you calmly preparing for a test, entering an exam room, sitting to take the test, and completing the test. Notice how you feel in each picture. Notice how you look and how you actually are what you desire. You have learned new skills today and are ready to use them in any test taking situation, because people who learn these skills find them very helpful.

The following suggestions don't come from me, but come from within yourself, as evidenced by your desire to do something new and experience hypnosis to be your best. You will find it easy to calmly remain seated throughout any testing situation. You will discover that as you use your anchor of clenching your left fist and releasing it, the results will be instantaneous and lead to confidence and passing your examinations with ease. You will no longer see yourself as an anxious test-taker, but rather with a new identity. You are someone who is able to easily take exams with calm, cool confidence. The pictures you snapped in the camera of your mind will always remain accessible and shape your new, calm, cool, and confident test-taker identity.

Awakening

OVERCOMING PUBLIC SPEAKING AND STAGE FRIGHT

Pre-Talk

People ask me all the time if hypnosis can help with stage fright or improve public speaking. It has been said that public speaking is one of the most common fears that people have. True or not, this session offers solutions to help you overcome your fear of public speaking and enter into any situation with confidence and power. Hypnosis works to help people end stage fright by doing three things. First, it teaches the skills of physical relaxation and allows you to control your internal fear response, calmly approaching any situation in front of an audience. Second, it reprograms your subconscious association with fear in front of crowds and replaces it with a true belief-set. This belief set is based on you inner ability to succeed. Third, hypnosis provides confidence to powerfully deliver your message in front of any group and in any situation.

In this session, I will teach you proven strategies for overcoming fears and you will be able to use these in any situation where you are speaking before the public. Hypnosis is not difficult to learn. It is not magic and it is not something that I am going to do to you. Instead, it is something that I am going to teach you to utilize.

Everyone can experience hypnosis. Each and every day, we cycle between various levels of alertness, calm, attention, and levels of daydreaming or inattention. Hypnosis is simply a skill-set for using these natural trance processes to create dynamic and lasting change. The idea is for you to use the information from this session to approach any situation differently than you have in the past. Even if you have had experiences where you have been embarrassed or fearful, through the techniques we cover today you can experience confidence, calmness, and success in the future.

The first stage of this process will involve simple tools for developing a sense of physical calm.

Then we will turn our attention to some mental exercises that many have found to eliminate stage fright completely.

Induction

Autogenic Relaxation is recommended.

Suggestive Therapy

In only a few moments, you have created a state of deep calm and relaxation. You have even altered your perceptions by feeling warmth and heaviness. These are our first lessons that demonstrate that you have control over your body and its response to any situation, at any time.

Now, allow yourself to enter an even deeper level of trance, doubling the sensation that you have created, with each number.

Five…

Four…

Three…

Two…

One…

Wonderful!

Although you can always hear my voice and follow my instructions, during this learning process allow the creativity of your mind to both hear and experience these tools. Realize that what you can practice here, you can manifest on stage. Hear again my words that what you can practice here, you can manifest on stage, before any sized group.

Many people develop a fear of public speaking based on previous experiences where they have been embarrassed, frozen, or even made fun of before a group. For some, these experiences have been recent. For others, they were in the distant past. However, right now you are here in the safety of this room and time has passed since this unpleasant experience. The past, as uncomfortable as it may have been, is exactly that… the past. You are now beyond your past and experiencing this in the present. You are moving towards a future where the past is no longer present and your goal can easily be achieved.

As you relax, think of a large wall clock with big numbers. Think about the kind of clock that might hang in a classroom or an industrial building. See the time at noon, at three, at six, and then nine. In your mind, speed up those hands circling the dial many times, bringing you to the present. See the hands at two, four, six, and eight. Even see those hands at one, three, five, seven, nine, and eleven.

With each turn of the dial, go deeper into a sense of security, as you find yourself in the present, having given up the old idea of past experiences. There will come a point where the clock becomes a blur and the numbers are no longer important. Your attachments to those past experiences are far in the distance, as you deeply experience calm, here and now. It is quite an experience to give up old associations and enter the present filled with calmness and security, isn't it?

Take a moment to notice your breathing. It is calm, smooth, and rhythmic. You may have forgotten to remember the clock that, moments ago, we identified and then lost focus of. The hands blurred as time moved and you simply stopped paying attention to it. This ability is the ability to defocus. Anytime you are in front of a group and begin to feel the edge of panic, you can use this same skill of defocusing. Take your eyes off of the crowd and blur the image of the people,

if even for a moment. You can even imagine the turning hands of a large clock, moving faster and faster to blur the crowd. It is amazing how simply blurring your focus and continuing your presentation or thought can now be done without panic and without anxiety.

It is time to remove the "what ifs" and replace them with new thoughts. "What-if" statements are statements that we make to ourselves that precede panic. In fact, without them many people would never experience panic. Perhaps you have said to yourself, "What if I freeze? What if I fail?" You might have even said, "What if I panic or sweat?" What if you never told yourself such thoughts? What if you replaced every "what if" with a new statement such as "I am," and told yourself things like, "I am calm." Are you calm right now? Of course you are. You are in the safety of your surroundings, listening to me.

Continue breathing smoothly and relaxed. Your eyes are closed and you are calm. This is a wonderful state. Say to yourself, "I am calm," and be calm. Replace thoughts like, "What if I panic?" or "What if I freeze?" or any other "what if" statement with an "I am" statement.

Tell yourself:

I am confident.

I am clear.

I am focused.

I am doing exactly what I am supposed to be doing to communicate, share, and speak.

I am able to confidently communicate.

Say this to yourself, several more times:

I am able to confidently communicate.

I am able to confidently communicate.

Allow yourself to not only say this, but to feel it as well. Right here and right now, as you listen, feel yourself being one who confidently communicates, performs, and speaks. Feel it in your mind, in your heart, and in every cell of the body. As you breathe in, breathe breaths of confidence and put yourself in the state you desire, as a confident communicator. As you do this, pay attention to your right foot. Say to yourself, "I am a confident communicator," and pay attention to your right foot. As you feel that confidence, anchor that foot to the ground. Associate that anchor to your state by paying attention to your confidence and your foot. Feel your foot like a lead weight that is stuck to the floor, powerfully anchored to the ground.

Your whole body is relaxed, but that foot is anchored to the floor. Try to lift it and find that it becomes more and more stuck. Anchored to the ground, your foot becomes more and more stuck the harder you try to move it. Now, stop

trying. Go deeper and deeper and let yourself double the sensation of relaxation.

Anytime you are before an audience, anchor that right foot to the ground and feel this state of confidence and calm that you have created. Should you find your thoughts wandering, your body moving towards the edge of panic, or any discomfort, if even for just a moment, anchor that right foot to bring yourself instantly back to this state of being a calm and confident communicator. At that point, you will be able to move your foot, yet still remain a confident communicator.

Relax even deeper.

Five…

Four…

Three…

Two…

One…

Have you ever seen a movie about old battles between men on horses with swords, spears, and shields? Of course you have. The shield served a very important function. It protected those at risk during battle. Like these horsemen, you can create a shield to protect yourself from embarrassment, hurt, or rejection. In the old days, shields were made of wood, iron, or other metals. However, your shield can be made up of something even more powerful…. your higher self. Your higher self is that part of you that is capable, able, and confident. You can construct your shield from that part inside of you that is heroic, passionate, and powerful.

This shield of your own higher self is mightier than anything that is negative and has protected you to this point in life, in a variety of situations. See yourself as you are, holding that shield. Perhaps even decorate it with symbols, colors, or shapes that represent your higher self and the ideals within you.

When you speak, when you perform, or when you present, imagine this shield on the front of your podium or on the curtains behind you. You could even imagine that it is invisible to the audience, but safely hemming you in behind its protective form. Do you notice how confident you feel now that you are safe from distraction, embarrassment, or other unhelpful feelings?

Say to yourself:

I am emotionally strong.

I am resilient.

I am a confident and capable communicator.

I am sure that you are a person who chooses their own destiny in life. I know this is true because you have chosen to participate in this session. Therefore, I know that you are also able to seize control over any situation by

recognizing that even though your fear once gave control to others, by participating in this session you have regained control. In fact, like your ability to feel heaviness, warmth, or even calmness, you now control each and every situation in front of an audience, even those situations where you formerly gave control to others by allowing yourself to be controlled by fear.

Let's take a moment to visualize and use the creative part of the mind. Most people find this easy to do, but if you struggle with creating mental pictures, you can experience the feeling or listen to the sounds of the instructions that I give. Imagine yourself getting ready for your next presentation or performance and realizing that as you prepare in the days or hours preceding this event, you are calm and confident. See yourself without a problem or concern, getting dressed for your event and comfortably and calmly traveling to this event. See yourself as you want to be, entering this event and taking a few moments to prepare before it is time to begin. Notice how calm and confident you are.

See yourself projecting into this imaginary situation and stepping into the moment that you will begin your presentation. You greet the audience with your name, a first line or action, and see yourself confidently communicating and performing without ever entering a state of panic, fear, or embarrassment. See yourself as you want to be, smooth and rhythmic, poised and effective. See yourself completing this event, finishing your presentation, and stepping aside upon completion, having remained as you know you can be.

Feel what this will feel like and even hear the audience responding positively, as that higher self that has protected and guided you congratulates you for your success. It feels good to be you and to have completed this presentation or performance, easily and calmly.

The human mind is fascinating. Everything that exists in this world had to be an idea first. You had the idea to come to this session and overcome your fear, in order to become a confident communicator. Like the idea for inventing the light bulb, the wheel, or the clock, your idea has become your reality. You just imagined a scenario of success, which is an idea. You created it in your mind. As you create in your mind, so it is in your life. I want to give you some other ideas. These are ideas that are based in research.

The things we research can be fascinating and one thing we have discovered is that citrus juice, such as orange juice, lowers our blood pressure. For up to 40 minutes after drinking orange juice, we produce fewer stress hormones in the body. Each time you perform, you will use this to your advantage by drinking a citrus beverage and experiencing the benefits research has shown.

Research has also shown that scents like lavender and vanilla can reduce anxiety. Plan to purchase some incense or perfume with lavender or vanilla and prepare for any presentation by exposing yourself to these scents. If you have any allergies or cannot find such scents, it is amazing how our bodies have the ability to simulate vanilla or lavender just by thinking about it. You can even try that now by breathing in. With each breath, notice that with just the thought of either lavender or vanilla, you are able to associate this with calm and peace.

You have done a lot in this time and have overcome your fear of performing or public speaking.

Before you open your eyes and reorient to the room, I am going to share one more technique with you. This one comes from a famous actor that once experienced stage fright. Before every show, this actor imagined that everyone in the audience was a clone of a loved one who was supportive and affirming. Perhaps he imagined his spouse, a family member, or a trusted friend. In any situation, you can do this too. Just allow yourself to feel enveloped by the affirming support and care of that person who is your biggest supporter. You can make this your reality and be embraced by your audience in the same way your biggest supporter supports you.

And now, before we reorient and return to a state of alertness, give yourself a moment to realize that these changes have already taken place. You are now a confident communicator. Allow yourself to breathe in satisfaction, empowerment, and just enjoy the success you have created today. Over the next week, make these concepts a part of your life. Take time to enjoy all of these feelings of success, in each of your practice sessions.

Awakening

OVERCOME INSOMNIA AND SLEEP BETTER

Pre-Talk

I can think of no drug, face strip, or noise control device that can help a person sleep better than hypnosis. This is because hypnosis actually teaches a person how to sleep. Hypnos is the Greek word for sleep and although a person in hypnosis isn't actually asleep, the process for entering trance is the same process as drifting off into a deep and healthy sleep.

This session is designed to teach you how to sleep. Perhaps your sleep difficulties come from sensitivity to light, noises, stress, or even your sleep partner's movements. It is amazing, but the mind actually has the ability learn to tune out these distractions and even use them as sleep cues to reinforce healthy sleep patterns.

Perhaps anxiety or racing thoughts have kept you from relaxing and drifting into a deep sleep. Hypnosis is a teaching process that can help you manage anxiety, turn down the volume of racing thoughts, and sleep well. Obviously, issues like jetlag, uncomfortable beds, nicotine or caffeine addiction, and physical illness are temporary or changeable discomforts that we have control over. Hypnosis can even help in these situations by training your eyes, your lungs, and your mind to let go and enter into a deep, restful sleep.

One of the main problems with using drugs or alcohol as sleep aids is that they can disrupt the natural REM cycles that are necessary for healthy sleep. Hypnosis is empowering and will help you to sleep all night and wake up feeling rested.

Induction

Progressive Muscle Relaxation is recommended.

Suggestive Therapy

And although you are not asleep, you have taken the first step in relaxing, and relaxation in itself can help a person to feel rested. You can use this skill to manage anxiety or relax the body and begin the process of drifting into a deep and profound level of sleep, in a few minutes. You can also use this state of hypnosis to shift your awareness from external distractions to a point of perfect peace and serenity.

The mind is quite powerful. You may be aware of many experiences at this point, including the room temperature, sounds from outside, and others nearby. In the past these may have been cues to distract you, but now you can use this new knowledge to recognize your ability to shift your awareness to any

experience, including those you create in your mind. The mind has a place deep inside of it where awareness is created. Until hearing this, perhaps you were unaware of this place. However, now that you know about it, you can shift your awareness from all that is outside of you to this place in the mind.

From this new vantage point, you can use the creative part of the mind to begin to drift, dream, and float inside of your own awareness. You can use the creative part of the mind to envision yourself, perhaps under a clear blue sky. Perhaps you are in a beautiful place you have been to before, a place that you would like to go, or even a place you have created that is relaxing and peaceful. Wonderful.

Imagine that as you look to the clear blue sky, you can see a single, white, puffy cloud, gently floating by. See the soft edges of the cloud and the pure energy of its radiance. Watch as it gently moves from one side of the sky to the other. Imagine that all of your stress, discomfort, or concerns become enveloped by the energy in this cloud.

As the cloud moves into the horizon, becoming smaller and smaller, you become increasingly aware of your mind's ability to relax and create its own experiences. It has long forgotten about any difficulties that used to concern you. As it drifts into the distance, it will eventually become so small that it completely disappears. At this point, you are sensing an awareness of your feelings of deepening relaxation. You feel yourself moving twice as deep into relaxation of mind and body. Go all the way down, into deep mental relaxation. Perfect. With a sense of security and comfort, you can be happy about the new experiences and lessons you have had that can help you to sleep deeply at night.

I am going to give you some suggestions now. You can pay attention to each and every word with the conscious mind, or you can drift, dream, and float. You can hear all of the words with the subconscious mind and only every other word, every fifth word, or every tenth word with the conscious mind. Perfect. These are suggestions that you have asked me to make when you asked me to help you sleep better, so they are actually suggestions that come from you. You will find it easy to internalize and experience these suggestions now and at any time you need a restful night of deep tranquility. Each night as you experience self-hypnosis, you will find it even easier to follow the instructions and drift more deeply into trance and eventually into sleep.

As you listen to your breathing and perhaps think about the sweet, soft sounds of nature, you will begin to move your thoughts from those that are external to those that are inside the part of the mind where creativity and awareness is created. This will allow you to detach from anything that previously hindered

your sleep.

As you continue to relax, let yourself freely and lazily double the sensation of relaxation in both mind and body, letting go of any tension in any muscle. This feeling of the loosening in the muscles will bring you even further into trance. You know that at this moment you could open your eyes or wake up entirely, but it feels so good to finally let go that you will continue to do exactly what you are now doing and experience an even deeper level of hypnosis or relaxation. Although you know you have the ability to awaken if something needs to be attended to, at this point there are no outside concerns. Therefore, it is okay to let yourself go deeper and deeper into trance.

In the morning when it is time to wake yourself, your internal awareness of the freshness of a new day will bring an energy and sense of wellness that will carry you through tomorrow. It is wonderful to feel refreshed and revived from a good night of sleep. However, this time is not now and it is perfectly okay to continue focusing your awareness inward and eventually drifting from hypnosis into deep sleep.

As I count backwards from ten to one, enjoy the feeling of heaviness in the arms and legs, the feeling of coolness or warmth you desire, and the sensation of rest in both mind and body.

Ten, rest…

Nine, perfect…

Eight, peace…

Seven, slowly drifting into sleep…

Nine…

Eight…

Seven…

Six, with each number not knowing where sleep begins…

Seven…

Six, just experiencing the process…

Five, good…

Four…

Three, total comfort…

Four, safe…

Three…

Two, wonderful…

One, drifting to a point where awareness of awareness simply drifts off into the distance…

Sleep...

HEALING THE BODY: INSIDE AND OUT

Induction

Deepener

Suggestive Therapy

The ability of nature to heal is always amazing to a child. It seems that every child who visits the zoo is mesmerized by the snake shedding its skin or the wounded lizard that is able to regenerate a part of the tail. Plants also have a healing ability. This is seen in the leaves that are shed and are replaced by new, green, healthy leaves or by the plant that seems to quickly come back to life with a little water or sunlight.

All of nature is programmed to live, regenerate, and to heal. The same child, who was drawn to the ability of an animal to shed its skin, is also usually captivated by the scabbing of a wound, the healing that takes place underneath it, and the new life that emerges where pain used to be and where injury once was. When you were a child, did any of these things ever capture your attention? Of course they did. And what is amazing is that as children, we simply accepted these remarkable abilities in nature, without wondering if they were possible or if it always worked.

Allow yourself now to go back to a pleasant time of little stress. Perhaps this is a time when you were sixteen, twelve, ten, eight, or even earlier than that. Go back to a time when you simply accepted the wonder of life and the ability of the body to promote healing within itself, without question. Simply marvel at our creator's infinite wisdom in giving this gift of life to us. Realize that today you are the same person as before. You possess more experiences and wisdom, yet you are that same person who you were created to be. You are a person created with the innate ability to heal. It feels wonderful to possess this truth, doesn't it? Use that creative part of the mind to experience the feeling of energy within you. Some people visualize this as light and others feel it as a place in the body where healing begins. Some seem to hear the voice of healing and regeneration, allowing it to speak to every cell in the body.

There is nothing mystical or magical about this. These are abilities to pay attention to the body that we were created with. In paying attention to this, we realize that the body is doing its job automatically, by bringing healing energy, light, sound, and feelings to every cell. It does this automatically and every day, even though we usually pay no attention to it because we usually do have not an injury or wound to draw our attention to it. But it is there, isn't it?

Follow that feeling, that light, or even the voice of healing though your

body as blood pumps life into each cell and as oxygen delivers its healing breath to each cell. Focus on that part of the body where you need healing most, realizing that nature always does it job and that today, the recovery process is already underway. With each breath, in every way, you get better and better.

Now, imagine that spot that needs healing is like a child's scab, giving way to life underneath it and realizing that soon the dynamic power of nature will result in new life, where old pain used to be. Each and every day, take a moment to breathe and focus on that breath. Focus on the thought that in every way, each and every day, you are getting better and better.

Say it to yourself:

Every day and in every way, I am getting better and better.

Every day and in every way, I am getting better and better.

Additional suggestive therapy or awakening

FAST CURE FOR FEARS AND PHOBIAS

Pre-Talk

If you have a fear of flying or any other phobia, you might want to try this exercise called the "fast phobia cure." For many, this will completely and totally alleviate the fear. However, it will only work if you spend some time going through the process in your mind. The process of the fast phobia cure involves replaying the visual memory of the fear of flying (or any other fear), but in entirely different ways than a person usually does. This method disrupts the painful way that fears are remembered and enables the person's mind to recode flying in a way that does not bother them.

It is faster and more effective than older forms of traditional talk therapy, and this process is extremely beneficial for people who have a good ability to visualize. This is more of an NLP exercise. Therefore a formal hypnotic induction can be helpful, but is not absolutely necessary. Let us begin.

Fast Phobia Process

Close your eyes and relax. Picture the inside of your favorite movie theater. Glance around the theater and notice that you have the whole place to yourself. Visualize the decor and what the seats are like. See the large screen up front, the rows of empty comfortable chairs, and the exit signs. Look back for a moment to where the projection booth is, on the rear wall. Now, find your favorite seat in the theater and settle into it. Take in the sights, sounds, and smells of the theater. Feel the seat and floor underneath you. Up on the movie screen, you can see a black and white photo of yourself. It is a snapshot that was taken just before you had the phobic or traumatic experience.

The screen is going to show a black and white movie about you. This movie will have no sound, and like a poor quality home video, it may flicker a bit. Now that you are comfortable in the seat and you are looking at the black and white picture of yourself, let your mind drift up into the projection booth where you can control the movie while the physical "you" remains relaxing in the theater seat. Look around the booth and note the details of the walls, the frame around the window, the large reels of film on the projector, and see the long beam of dusty white light that streams towards the movie screen. Look down and see yourself sitting in your favorite seat, watching the screen and waiting for the movie to start. Now, push the button to start the projector. See yourself down in the theater seat and watch as you see yourself watching the scratchy black and white snapshot turn into a scratchy black and white movie of the experience in

which you used to have a phobic response. If the movie gets too intense, you can adjust the projector to show only every third frame or so.

The movie starts at a time shortly before the fearful event and plays on through the event. It continues on to a time well after the event. Then, it fades out. As you watch yourself in the seat, see yourself watch the movie again all the way past the event. However, this time it stops on the final frame, after the event is passed. It freezes as a still image of you, after the event is over.

Now, float yourself from the projection booth into the movie itself. See the movie scene through your own eyes. Notice that the movie becomes fully dimensional with color, sound, texture, depth and so on. Quickly play the film backwards, this time in color. The people move backwards and the sound plays backwards. You are moving backwards, as well. Rewind it all the way to the beginning. Good.

Now, play the movie forwards in color, with sound, and with you in it. Explore how you feel, dealing with that situation in which you used to experience the phobic response. Are you more relaxed, in control, and secure with your surroundings? Experience your new response of peace, calm, and satisfaction. That’s it. Good.

If you feel it would be helpful, you can play the movie backwards again. This time, allow yourself to hear the funniest, most ludicrous background music you can imagine. Perhaps it is something from a circus act or a disco nightclub. Play the movie of your old phobic experience backwards, but with the silly music. Run it all the way back to the beginning. Excellent. Now, relax.

Awakening

ENHANCING SEXUAL SATISFACTION: WITH A LOVER OR ALONE

Pre-Talk

I have always been amazed at the ability of hypnosis to help individuals rapidly overcome sexual difficulties and improve sexual satisfaction. This session is designed to help you improve sexual functioning, inspire new thoughts on sexual experience, and help you to use your body's natural, internal resources to achieve sexual fulfillment. Bear in mind that this is not a substitute for medical treatment. If you have medical or psychiatric issues, you should contact your physician.

You might wonder how hypnosis can help with sexual performance. Before we go any further, and without hypnosis, simply relax in your chair as you listen to me. Close your eyes. With your eyes closed, open your left hand and hold it up as if you were waiting for something to be placed in it. Imagine that I am now placing some imaginary lemon head candy in your hand. You know, the kind of candy you can get at the movie theater that is sugary-sweet on the outside and sour lemon on the inside.

Take your other hand and imagine picking up the candy and popping it into your mouth. As you do, immediately taste the sugary exterior of the imaginary candy. Taste the sweet flavor as it melts in your mouth. Now, swish that candy around and taste the intense sour interior of the candy, as the sugar melts away. Crunch up the imaginary lemon head between your teeth and swallow the imaginary candy.

Open your eyes. What happened? Most people salivated. Imagine that! I called it imaginary candy and at no time did I tell you it was real. Just by using your imagination, your body created a natural, automatic response. If you did not salivate, you probably tasted either the sweet exterior or the puckering sour inside of the candy. You might have even imagined the weight of the candy in your hand or on your tongue. Most people that I share this little experiment with are amazed at how even when using imagination, we are able to produce a physical response. This is how hypnosis works. It creates physical responses to our imaginative experiences and thoughts.

You are attending this hypnosis session so that you will be able to experience physical fulfillment related to sexual performance. It does not matter if you seek more control over your orgasm, increased pleasure, or removal of unwanted thoughts during sex. Hypnosis can benefit you. People who learn hypnosis are able to use the techniques in many different ways and improve sexual performance, in a variety of situations. The techniques can empower both

men and women to feel a sense of physical, mental, and spiritual fulfillment.

Now, let us begin. Different people experience hypnosis differently. At anytime you can move, scratch an itch, breathe, swallow, or adjust for comfort. This does not mean you are not hypnotized. It simply means that you are allowing yourself to become more comfortable to enjoy and learn from this process.

Induction

Shifting Awareness is recommended.

Deepener

Autogenic training is recommended.

Suggestive Therapy

Now that you have relaxed both mind and body, I am going to share some stories with you. It does not matter if you experience only light trance, listening with the conscious mind to each and every word, or attain a deep trance, experiencing my words rather than listening to each and every word. What matters most is that you are already achieving your desire to experience improved sexual performance by taking the time to learn new methods of self-exploration.

By simply shifting your awareness, you have already mastered a skill in enhancing sexual performance. Realizing your ability to focus on anything that you choose is an important skill. As easily as you can focus on a dot on the far wall or that part of the mind that creates awareness, you can focus on the sight of sex, the sound of sex, the touch of sex, the smell of sex, and the taste of sex. You can choose to focus on what is pleasurable in each of these areas and push aside any blocks that are either known or unknown, that keep you from these truths.

Part of hypnosis is about using the creative part of the mind to associate new thoughts with sexual experience. Some people have experienced sexual frustration or even trauma in the past. It is important to recognize that even if these experiences have occurred, you have the ability to bring all of your attention to the sense of safety and serenity you are now experiencing. You can do this as you realize that the present and the future may have been shaped by the past, but is not tied to it. This is a tremendous freedom that exists within you that you can allow yourself to focus on at anytime.

As you focus on the present, allow yourself to access that creative part of the mind, the erotic part of the mind, the sensual part of the mind, and the part of the mind where desire and appetite exist. You will experience this ability through each of your five senses over the next few minutes. As you do, you may begin to notice certain sexual responses. This is perfectly normal. You may also enjoy these suggestions, but not experience a vivid sexual response during this

hypnosis session, preferring instead to experience these pleasures only with a partner at a later time. This is perfectly acceptable, as well. This is your time and your experience. It is perfectly acceptable to enjoy these experiences in any way that is meaningful to you.

Many people find it easy to focus on various sensory experiences and most people find it easy to visualize. As your eyes remain closed and your breathing is smooth and rhythmic, begin to focus on the visual imagery of sexual pleasure. Don't just focus the sight of sexual activity, but really focus on a pleasurable visual image, noticing the subtle visual cues. Notice things such as the location, the surface, the shade, or light that brings pleasure or comfort. Notice the closeness and clearness of the imagery and the colors of sexual pleasure. See the image in your mind that you associate with sexual fulfillment, taking a moment to become encouraged and really enjoy a moment of focusing on this image. See yourself or your partner and view the erotic scenario that brings you pleasure.

Sex is highly visual, but it is also something we experience through other senses, including taste. Sex can taste salty, soapy, lusty, sweet, and many other flavors. Have you thought about the taste of sex before? Sex can taste like the flavor of a kiss, the erotic sharing of taste, and the pleasure of passion. Take a moment, just like in the lemon head experiment at the beginning of this session, to simply recreate the pleasurable taste of pleasure in your mind. Perfect.

Now focus on the sound of sex. In the safety of this time you have set aside for learning, hear the volume of passion, realizing the sound of pleasure can be as music is to the soul. Create a vivid auditory experience of sex. As easily as you can create these experiences in this chair, you can recreate the intensity, passion, and satisfaction in the future by simply deciding to bring yourself to an awareness of your inner ability to let go completely and allow yourself to achieve sensual enjoyment of sex with your partner.

And now, deeper into trance, allow yourself to relax even further.

Five…

Four…

Three…

Two…

One…

Focus on the feelings of pleasure such as smoothness, softness, hardness, and wetness. Imagine the pleasure of the feelings of sex. Create the feelings you have with another, the feelings you feel yourself, and the feelings of experiencing the physical pleasure of sex.

The smell of sex is an incredible sensation. It is perhaps perfumed, musky, or sweet. Sometimes it is surprising, sometimes it is extremely pleasurable, and

often it is something many people never take the time to notice or enjoy. Take a moment to fixate your attention on this pleasurable aspect of sex.

To this point, we have simply used the creative part of the mind to revivify or create pleasurable thoughts. However, this is important because what the imagination can create, the body can achieve. You have already proven to yourself, through these simple exercises, that you have a capacity for enhancing pleasure and achieving your potential. It is because of these skills that lie within you that you will find that over the next day or week, or even into next year, your sexual openness and comfort are enlarged. In each and every healthy, sensual situation, it will be easy to enjoy and bring climax in pleasurable ways. It is because of this ability within yourself that you will find it easy to push aside any distressing anxieties, remembrances, or difficulties, and focus on your body's ability to respond intuitively to pleasure and to meet your needs.

It is amazing how our subconscious mind can be brought to the conscious mind in a burst of passion, at anytime. For example, mentally combine the experiences you have created of the sounds, smells, and tastes of sex. Do you notice the pleasure associated with such a melding of thoughts and feelings? It feels wonderful to bring together all of these senses into a moment of fixated experience, enjoying all of these pleasures together.

Five…

Four…

Three…

Two…

One…

Over the next few days, weeks, and even years, you will find that using sensory fantasy is one way to enhance your own pleasure and alleviate the dependency of your satisfaction from the actions of another. This will allow you to become less inhibited, more passionate, and achieve greater levels of satisfaction. You will also find that because you have created and understood these pleasurable sensations here, it will be comfortable to share your needs with your partner. No longer will open communication about desires, likes, needs, or wants be uncomfortable, because your ability to share these from a sensory perspective has been enhanced by this learning process of hypnosis.

As one last exercise, imagine yourself next to a reflecting pool of water. I once saw a botanical garden that had a wonderful pond, surrounded by flowers. The pool of water seemed mystically reflective. Perhaps you have seen such a sight yourself, or are able to imagine what such a pool of water is like. Imagine that the reflections and images within the gently moving water give shape to erotic images, or even visions of you performing sexually at your highest level

of physical prowess, emotional comfort, and mental focus. It is amazing to watch such a scene of perfect sexual performance. As the image in your mind climaxes, embraces, relaxes, and fades, mentally forge the image of the pond in your mind and step from this hypnosis session to the very real you that you are able to imagine. Perfect.

It is time to reorient to the room. You can congratulate yourself for having taken the time to learn new skills and improve your sexual satisfaction and performance. These suggestions and your success are not tied to my voice, but rather to the desire within yourself and your own ability to experience passion. You have been the creative one, enjoying this experience. You are able to take any and all suggestions as your own.

Over the next day, week, and even over the years, these abilities will remain within you. They are accessible at anytime, allowing you to accomplish all of your goals. As you begin to reorient, continue to keep the eyes closed, but become aware of the floor below you. Become aware of your surroundings, the air in the room around you, and the feeling of stability and contentedness that you have created. Wonderful. Now take in a breath, feeling energized and empowered.

Take in another breath, becoming ready to open the eyes and stretching out any muscles that need to be stretched. As I count from one to three, let yourself feel empowered, refreshed, and energized.

One…

Two…

Three, opening the eyes, feeling alert and refreshed…

DAY TRADING: ENHANCE MENTAL ACUITY, ADHERE TO TRADING PRINCIPLES, AND ATTRACT WEALTH

Pre-Talk

Whether you have been trading stocks, bonds, or options for three weeks or over thirty years, as an investor you understand the need for concentration, the ability to focus and make instant decisions, and to trade by a set of rules that ensure your system for success does not waiver. For true success, you should believe in the law of attraction, the law of abundance, and your thoughts must remain positive and healthy to attract the wealth, success, and financial rewards your study and trading deserves.

Thoughts are interesting things. Anything that ever existed was a thought first. For your wealth to manifest, it must first be conceived of in thought. This session is designed to assist you in developing the mental strategies that many associate with successful day-trading and to make these patterns a part of your automatic and subconscious actions. This hypnosis session is not a substitute for your own due diligence. Any investor ultimately assumes all of their own risk and all of their own reward. The principles contained herein are suitable for many investors, but your own needs may vary. You are encouraged to adapt any ideas or principles to the context of your own unique needs.

How can hypnosis assist you in being a more effective day trader? Hypnosis teaches and trains a person in concentration. It is also a creative process, just as the art of trading is. Furthermore, hypnosis can reprogram negative belief patterns. We always act on what we believe and often we hold subconscious beliefs that ultimately keep us from success. These can be resolved through the process of hypnosis by creating new associations and emotional states. Hypnosis can also be a process that promotes the manifestation of spiritual law. The law of attraction simply states that “Like attracts like.” Applying this principle to day-trading can help you to manifest the wealth and success that is important to you.

Hypnosis is a natural process. You do not have to try to be hypnotized. All you need to do is follow my instructions and allow yourself some time to learn new skills, prepare for trading, and enjoy the difference hypnosis can make.

Induction

Deepener

Suggestive Therapy

Today, people are achieving their dreams and they are doing it by trading and making the right choices. People dream of success and you have shared this

dream, perhaps even experiencing success already. As you listen, I am going to give you many suggestions and lessons, but these are not suggestions that come from me. They come from you because you have requested this session. I know you have the dream of applying the law of attraction to day-trading and to be able to follow the guidelines you have created for yourself. You also have the dream for improving day-trading success by studying, retaining, and using the information needed.

As you relax, it does not matter if you experience a light level of trance by focusing on each word that I say, or if you enter a deeper level of trance, only experiencing the process of hypnosis. Either way, the results are the same. You will incorporate new lessons and the ability to apply these lessons to success.

As you continue to relax, notice how wonderful it feels to be the creator of your own experience. You have created this state of physical and mental relaxation. Just as easily as you can create this experience, you can create any experience, including success in day-trading. All creation, even the creation of wealth, comes from within. You have already learned how to create a state of relaxation, but you came to this point with the ability to envision your success. By participating in this session, you have encouraged its germination into reality.

One way to create success is to activate the imagination. As you continue to relax in mind and body, access that creative part of the mind and envision a beautiful, full, colorful flower, growing in a beautiful place. Perhaps it is a magnificent flower that is like one you have seen before. Or perhaps it is a new creation that is unlike anything you have ever seen. Either way is fine. Simply take a moment to use the imagination and really focus on its magnificence, its many shades or colors, its shape, and its beauty and success. Amazing, isn't it? It is amazing to look at, amazing to smell, and amazing to touch and experience.

The creative capacity we have is also amazing. We can instantly use our imagination to create something so wonderful and complex, like a beautiful flower. Chances are pretty good that as you experience that flower in your imagination, it is in a beautiful place on a beautiful day. This flower, like all flowers, did not come to us without effort. As the seeds germinated many months ago, only some made it to the surface. As spring and summer storms came, only some of these seeds withstood the challenges and absorbed the nutrition necessary to succeed. But through it all, the final product eventually emerged full, rich, and magnificent in its beauty.

Perhaps to this point, you have weathered challenges. The end result was that the rain brought life, just as times of challenge brought strength. In hypnosis you can let any discouragement from prior experiences give way to a new birth, full of vibrancy and life, not only in your trading but in every aspect of life.

Turn your attention to the physical feelings you have created in this session. Although this is a simple process, your heart rate is calm and your breathing is smooth and rhythmic. This state of physical calm lends itself to concentration, retention of information, and the ability to retrieve this information later. In a state of relaxation, rational choices can be made and decisions can be executed that birth success. You have created a sense of calm, serenity, and physical comfort. During your trading day, you can begin with a moment of calm by bringing yourself back to this place. Take in a deep breath and relax deeper. Sink into a sense of calm and take another deep breath. You can begin your trading day with this same breath, mastering physical calm even when futures or other facts are contrary to your expectations or desires.

Now turn your attention to the emotional state you have created through this process. It feels wonderful to be at the point where you are now, the point where action has been taken to maximize your potential. Allow yourself to not only relax physically, but to fill your emotional state with positive emotions related to your abilities and potential. You can even see yourself as the confident and successful trader that you know you can be. Notice the emotions that accompany that thought. A lot of people do not recognize what you have now experienced. We have the ability to direct our own emotions, to experience feelings that are empowering, and to do this by simply choosing to.

Turn your attention to the spiritual reality you have created by initiating thoughts of success, wealth creation, and satisfaction. You know that any thoughts we can create are the foundation of manifestation. Let yourself relax even deeper, enjoying this time of trance and taking a break from the busy world around you.

Five….
Four…
Three…
Two…
One…

I am now going to speak directly to your subconscious mind. The words that I use will become a part of your subconscious, allowing you to act without hesitation and with directed action in any trading situation. Like all traders, you have established for some rules that are important for you to adhere to when taking action and making decisions. Some people trade by charts, others by time, or by any other number of factors. Some people assume certain ratios of risk, knowing exactly the rewards that can be had.

You know what rules are most important for your success. Take a moment in this state of mental acuity to identify the trading rule that is most important to

you. Think about it… Of all of the things that you consciously and subconsciously know about trading, one thing stands out to you as being the most important. Focus on that now. Like a positive affirmation that someone may put on a bumper sticker or write as a phrase, tell yourself that single most important rule. Recite it in your mind, allowing it to imprint in your subconscious like the ink on a bumper sticker. Picture that rule written on a sticker and imagine yourself reading it. See it chiseled in the stone of your subconscious mind, knowing that your first inclination will be to always adhere to this rule, unless a reasoned approach should ever alert you that a different course would be prudent. Relax, going into a deeper trance by relaxing further.

Three…

Two…

One…

You have participated in this session for the purpose of success. You have taken the action of listening to me. As easy as it is to take action by setting aside a time to participate today, you will easily find the ability to take action each day by studying the materials that are most important to your success. You might study charts, reports, or the notes you take while watching Bloomberg or CNBC. At anytime during the day when you listen to your subconscious mind, you will be easily able to retrieve the accurate information that is important to you.

During unexpected times of temporary setback or enormous success, you will easily be able to scale these experiences into perspective, seeing them as the temporary highs and lows that they are and striving for consistent success rather than instant success. One of the great things about hypnosis is that you now know how to easily define a physical and mental state change. You can use this skill to shift to a state of empowerment, a state of confidence, and even a state of alertness. You can refrain from trading when tired, unable to concentrate, or when your emotional state is not consistent with positive decisions. You can use this time and this creative state to reinforce your prior lessons from positive trades. You are able to recognize the inherent value in trading like a cat, awaiting a mouse and executing your catch with perfect timing and action. Again, relax even deeper.

Three…

Two…

One…

Zero…

The law of attraction is a powerful tool for understanding the universe and all that comes from it. It simply states that “like attracts like”. When you are trading and say to yourself, “I will probably be on the loosing side of this trade,”

or other similar negative thoughts, we often seem to create a self-fulfilling prophesy by subconsciously taking action that is consistent with the negative thoughts.

A better position is one where you say to yourself, “This trade will be a winner,” and other positive statements such as, “I am successful.” We act on whatever we believe to be true and we believe whatever messages we tell ourselves. Therefore, it is important to focus on positive messages each and every day.

Many have found that daily repetition of a positive phrase such as “I trade with success,” manifests into reality. Therefore, right here and right now say to yourself, “I trade with success. I trade with success.” You can easily change this mantra to an equally positive statement at anytime and use that as your guide. Or, each and every day you can tell yourself, “I trade with success.” You will be amazed at how this becomes the new self-fulfilling prophesy.

Over the next few hours, the next few days, the next few weeks, and even in the years ahead, you can use these skills to manage stress, not only in relation to the activity of trading, but in any area of life. You can use these skills in your interpersonal relationships or in any area of life where control, concentration, and physical and mental serenity would benefit you. I am also going to suggest that each day, over the next ten days, you find time to experience the process of hypnosis. Each day you will be able to attain a higher level of learning, enhancing your trading strategies with hypnosis.

Before each day begins, take a simple minute or two and allow yourself to close your eyes and feel the sensation of performance that you have created here. Sense the calm and focus that will enable to you to be a success. Before we reorient to the room and open the eyes, take another moment to allow your subconscious mind to integrate these lessons into the conscious patterns of the day. See yourself taking action on them and commit to a new level of success.

Awakening

PLAY BETTER POKER GAMES

Pre-Talk

While hypnosis can't literally stack the deck in your favor, the same tools of clinical hypnosis that can help the golfer to hone his abilities can be used to increase your competitiveness at the game of poker. The same tools that can transform old patterns of behavior in weight loss or smoking cessation can also be used to help you overcome patterns of error at the card table.

Hypnosis can also help you change your mindset, creating the mindset of a winner. This is because poker, like pool, golf, or any competition, is a mental game. In addition, hypnosis can help you control the emotional game of cards, learning to respond from intuitive strategy rather than quick emotion. Perhaps the most valuable tool in hypnosis for the card player is learning the techniques of physical relaxation. Not only can this help control emotional responses, but it can also help you to create the perfect poker face. The face has over 200 little micro-muscles. Even sunglasses and a hat cannot hide a lifetime of automatic emotional response. These "tells" can be controlled by learning the skills of progressive muscle relaxation and becoming aware of the sensations in the skin, muscles, and face.

Hypnosis is not a magical state. It is a totally natural state of relaxation, coupled with incredible awareness. It is a time of learning, both physically and mentally. It is a time of developing incredible intuition and response. Of course, a competitive poker player needs to recognize their limits and approach the game as a business. If you feel that your gambling is out of control, if others tell you that you have a problem, or you have potential legal troubles due to your gambling or debt, you are advised to seek help from an organization such as Gamblers Anonymous. However, if you are a competitive player who enjoys victory and can game in a responsible manner, this session can transform your game.

I am going to guide you through a process of hypnotic induction called progressive muscle relaxation. This is, in and of itself, a valuable skill for the poker player to learn because it can allow you to take physical control over your emotions. I am also going to use a hypnotic anchor. An anchor is a tool that hypnotists use for recalling the experience of relaxation, at any time. In this case, I am going to use the anchor of having you make an "OK" sign with your left hand by touching the left index finger to the left thumb tip and pressing for a moment. I will tell you when it is time to make take this action and how you can use it.

After the induction, I am going to give you several suggestions to assist you with the mental game of poker. Hypnosis is a great experience and you will use the creative part of the mind to increase your competitiveness and skills, by simply following these directions. In fact, you don't even have to try to be hypnotized. Just follow my simple directions and you will experience success.

Induction

Progressive Muscle Relaxation is recommended.

Anchor

In this state of physical and mental relaxation, you have created a perfect state of calmness, relaxation, and control. I want to anchor this experience for you by asking you to continue to relax, but to make that "OK" sign by touching the left index finger to the left thumb. Press hard, but continue to relax the rest of the body and mind. Perfect. Now let the hand fall loose and limp, like the rest of your body, and double the sense of relaxation. Perfect. You now have a tool that you can use anytime you need to experience calm, control, and neutrality at the card table.

Let's try it again. As you relax, press your finger and thumb together. Experience that state of calmness and control. Now relax, doubling the sensation of relaxation. Perfect. Although it seems simple, over the next day, week, month, or anytime you feel stress, anxiety, or discomfort in any aspect of life, simply touch those two fingers together. Allow yourself to recreate the peace, calm, and control you feel at this moment. It is remarkable how effective this simple tool is and how learning progressive muscle relaxation can help you relax the muscles of the face and body that once showed those tells at the card table.

I am going to count from ten to one. With each number, let your mind and body relax twice as deeply, going into a very deep state of relaxation and learning. If you need to adjust for comfort or swallow, that is perfectly okay. Any noises you hear from outside of the room will not disturb you. In fact, they will simply reinforce your relaxation, allowing you to focus on these lessons.

Ten…
Nine…
Eight…
Seven…
Six…
Five…
Four…
Three…
Two…
One, you are doing well…

The mind is a powerful tool for change. Creating confidence and a winning attitude is essential for any poker player. You have taken the fist step by mastering the technical game of poker. The second step is mastering a winning attitude of confidence, power, and one that attracts success and winning. We achieve in life what we focus on. We hit the goals we steadily aim for and poker is no different than any other endeavor that takes risk and confidence.

Surely you have either experienced a situation where you felt extreme confidence in your decision-making at the card table or a profound, but not cocky, spirit of winning. Recall that experience and visualize yourself as you sat at the table feeling calm, confident, and successful. See yourself as you were in this situation, making the right choices and experiencing this past success. Create a vivid recollection of this event, even feeling the felt of the table under the tips of your fingers and recalling the surroundings that seemed to favor your success. If you are having a difficult time with this, perhaps it is because you are new to the game and have yet to have your own unique experience that you would like to replicate. That is perfectly okay. Just envision an experience you would like to have by feeling the emotions of success coupled with confidence, calm, and emotional detachment. Perfect.

From this visualization, create a deep awareness of the skills necessary to succeed in poker. These are skills you intuitively know that you possess. You know you possess the skill of managing risk and the skill of making decisions that are independent from emotions. Become intuitively aware of how a great poker player can use the skills of muscular relaxation to master the game of cards by controlling the tiny muscles of the face and responding with confidence, rather than emotion, to any situation.

A psychological principle is at work here, as you listen to my voice. That principle is simple. Anything we can construct with our mind, we have the capacity to construct in reality. Therefore, you intuitively know that you have the tools within you that are necessary to succeed. You can easily take these visualizations and lessons to the card table.

Imagine yourself over the next few days and weeks, at the card table. Feel the spirit of confidence you want to exude. Project yourself into the future, bringing these traits to the card table. Perfect. I have no doubt that you, like others who are masters of the game of poker, have the ability to function at a level that recognizes the many facets of poker that you can control. Perfect.

Continue to relax deeply as you dream, drift, and float in and out of higher and lower levels of trance, while I count backwards again. This time I will count from five to one. With each number, continue the learning process and double the sensation of relaxation.

Five…
Four….
Three…
Two…
One…

You are dong perfect. Like anyone who is improving in their chosen sport or mental performance, you have mentally reviewed those errors that have kept you from success. But like most, you have probably repeated those errors. This pattern can be broken. You can use the power of the mind to reprogram these automatic patterns of self-defeat by taking a moment to make a decision to take three actions to improve your game.

Perhaps with your conscious mind, you will be able to clearly identify three behaviors you need to change and create an alternative solution. Or, perhaps as you listen to my words, drifting and dreaming, feeling detached and open-minded, you will simply create a movie in your mind of the perfect poker game. You can watch your correct actions and decisions and relearn the process of playing poker by seeing this movie in your mind. You can erase bad habits and simply move through this game from start to finish, using the skills in this session that can be most beneficial to you. Either process is fine. What is important is not how you arrive at the goal, but that you do arrive at the goal. Perfect. With each word I say, create, learn, experience, and empower yourself to move to the position of victory that is within your reach.

Success…
Confidence…
Calm…
Detachment…
Intuition…
Relaxation…
Discipline…
Winner…

I will give you another moment to enjoy this experience of hypnosis. Remember, at anytime you need to recall and re-experience the discipline, emotions, or feelings you have created here, you can step up to the card table with confidence and touch those two fingers together to bring yourself immediately to a state of clear-headed decision. This will enable you to draw on the experiences of success you have had in the past.

Awakening

MANAGE ANXIETY AND STRESS

Pre-Talk

I am glad you have decided to take this step and learn a new skill that will alleviate anxiety, stress, and panic. Hypnosis is the opposite of anxiety. By practicing these methods of relaxation, you can easily achieve your goal of becoming more calm, comfortable, and relaxed.

It is not something you need to try to do. Just follow my directions and you will find that at the conclusion of this session, you will have experienced something wonderful.

Induction

Progressive Muscle Relaxation is recommended.

All hypnosis is really self-hypnosis, so I am simply going to give you some instructions that can help bring you to a point of both physical and mental relaxation. What I'd like you to do is simply make yourself as comfortable as you possibly can. It's okay to adjust yourself for comfort at any time. This is really your time to experience what it is that you'd like to experience, while we demonstrate some techniques of hypnosis.

I'm going to give you some suggestions in regards to relaxation that I believe can help you to experience total serenity and total peace. This is called a Progressive Muscle Relaxation Experience. It is fairly simple. I'm going to ask you to start by simply making yourself comfortable and closing your eyes. If you notice any spots in your body where you are carrying the tension of the day, make the decision to let go of that tension. You want to allow all the muscles in your body to become more relaxed. Notice that your breathing has become a bit slower already. That is good. Take a deep breath. Breathe in and exhale. Deep, slow breaths help bring us to a point of hypnosis and trance easily. Very good.

As you relax, imagine the muscles in the top of your head, the muscles in your brow, the muscles along your eyes and cheeks, and the muscles in your lips, are simply letting go of any tension. As you allow your body to experience a state of relaxation physically, it's okay to let the mind wander and think of anything that brings you pleasant thoughts. Continue relaxing the muscles in your body along your shoulders, in the arms, and in your upper back. Allow the tension to simply begin to disappear. In fact, it's as if you can feel tension or stress from the muscles in your upper back, in your shoulders, and in your arms begin to move to your forearm, through the hands, and out the fingertips.

You can picture all of the stress of the day leaving your body, as you relax. Pay attention to the muscles in your chest, stomach, and in your lower back. If

any of these muscles are tense, simply let go of that tension. Your muscles become limp and loose, like a big pile of rubber bands. You experience serenity and peace. This brings you into an even deeper state of relaxation.

Relaxing the mind is also an easy thing to do. As your body becomes relaxed, your mind also becomes more relaxed. Our legs do a lot of work for us. Sometimes, the tension of the day can be stored in the muscles along the hip, buttocks, or in your upper leg. If you notice any tension in these places, let that tension simply flow from the top of your leg, though your calves, through the muscles of the feet and ankles, and out of your toes.

At this point, you appear to be very relaxed. In this state of relaxation, we can experience tranquility and peace. If you need to swallow, that's okay. If you adjust for comfort, that's okay as well. From your head to your toes, you have allowed yourself to become completely and totally relaxed. Your mind also has the capacity to relax. These are skills that you will be able to apply to problem solving in a number of different areas in life.

This feeling of relaxation is exactly what hypnosis is. Perhaps you feel like you could open your eyes if you wanted to, but relaxation feels so good that you simply continue to choose to keep them closed. Enjoy this experience for a moment.

(Pause)

As you allow your entire body to become limp, loose, and feel relaxed, this time will become meaningful to you. It becomes meaningful because you have acquired a new skill of taking physical control over your own body and emotions.

Anchor

In this state of mental and physical relaxation which you have created, you can choose to allow yourself to simply drift, float, and dream, not paying specific attention to the words I choose. Or, you can carefully hear each word. Either way is fine and either way will produce a sensation that is the opposite of anxiety. As you relax, pay attention to your left thumb and index finger. Be aware of these two fingers resting, with your hand at your side. As you relax, it is perfectly okay to both relax and pay attention as I ask you to touch the tips of those two fingers together. Do it now. Press the tip of the thumb to the tip of the index finger on the left hand and for a second, press those fingers tightly together. Perfect.

Now, let your hand and fingers relax as you continue to let every muscle in your body become loose and limp. Take a moment to enjoy this state of calm serenity you have created. Touch those fingers together again, at this precise moment of relaxation. Relax, going into a deeper state of mental and physical

calm. Perfect.

What we have accomplished here is the first lesson that can help guide you by creating an anchor to that state of calm. In the future, when you want to return instantly to this state of calm, simply touch your fingers together for a moment and you will return to this state of physical and mental relaxation.

This is a skill you can take into every situation in life. You can even use it at this moment to go deeper into a state of hypnosis. Try it. Touch those two fingers together for a moment. As you relax them, you will notice that your experience of relaxation doubles. You will notice changes in the way you feel as you begin to experience a sense of hope. Your body becomes even more relaxed. The next lesson bridges that hope you feel with an exercise in visualization.

Until now, you have visualized yourself reacting to situations with a learned pattern of fear or anxiety. That cycle can be broken by learning how to view yourself as confident, safe, and secure in any situation that used to bring discomfort. As you relax, see yourself from the outside. Imagine you are floating out of yourself and looking down at yourself. It may seem strange to create such a visualization or experience, but it can be a powerful tool for change.

In doing this, you can see yourself from a new vantage point. See yourself as you are now… relaxed, serene, contemplative, and focused. It feels good, doesn't it? By floating outside of yourself to see yourself, you know that the feeling you have created is real. You know this because you can see yourself as calm, serene, and confident. Allow yourself to float back into yourself and continue to feel the sensations of serenity you have created.

You have the ability to approach every situation in life from this state of calm, even in those situations that previously baffled or confused you. Moving outside of yourself is a wonderful way to see any situation from a new perspective. By seeing yourself as you are now, you can easily take this inner confidence, sense of safety, and sense of security into any new situation. As you relax, let yourself continue to enjoy this learning experience, using the power of your mind to create new experiences. Perfect. Allow yourself to go ten times deeper, letting the mind continue to drift, dream, and float.

I am going to give you some suggestions that will speak to your subconscious mind. These are not suggestions that I think you must hear. Rather, they are suggestions you have asked me to make based on your desire to decrease stress, anxiety, and panic. In fact, as you hear the suggestions I make, you can imagine that they are coming from within you. They are suggestions that you know are true because you are engaged in this process, letting yourself glide into a deeper state of tranquility.

In any situation in life, you know that you have the ability to use the

creative part of the mind to create your own responses. As easily as you can create a distressing state, you can create a state of calm and relaxation. You know this because in the time that we have spent together, you have relaxed both the mind and body. At anytime that you need to create a state of physical and mental calm, you will simply touch your left index finger and thumb together, instantly returning to this state of serenity. Perfect.

Situations in the past in which you have experienced distress are now easily handled by your ability to create a growing comfort in your mind and body. You find that instead of reacting, you are controlling each and every situation, entering a new chapter of life that is filled with hope and feelings of safety and security. Using these skills of self-hypnosis, you can easily adjust your comfort level in any situation by turning up the volume of comfort and calm and turning down the voice of fear or anxiety. You recognize that inside of you is a creative, empowering feeling of success. You know that in each situation that life brings, it will be easy for you to respond with a sense of serenity and centeredness, recalling this experience and your ability to use the creative part of the mind to control your emotions.

Awakening

IDENTIFYING CORE VALUES

A big part of ACT Therapy is creating a valued direction and developing a method of living in congruence with these values. When one is congruent in choosing a valued direction, unwanted and distracting behavior is decreased. Here is a script for identifying those core values.

As you relax, imagine you have just received a present. Imagine the present is a surprise. You don't even know who sent it, but you are now holding it. It won't be a simple gift, but rather a magical gift. It is the one thing you want more than anything else in life. Maybe it's big or perhaps small. It might even be too big to hold. It is your present, so you can see it any way you want to.

You can even hear the present. When a child is trying to figure out what is inside of a gift, they often shake it. You can even do that in your mind, hearing the gift inside of the box. Feel the shape of the box. Is it a square, a rectangle, or oven an odd shape? You can begin to open the gift. Inside the wrapping, you find exactly what you wanted more than anything else. Perhaps it's the deed to vast and beautiful lands, a diamond worth millions of dollars, or even the winning lottery ticket worth 100 million dollars. This is your gift and you can create it as you want. Therefore, go large and take this opportunity to discover what you would want more than anything else, if you were to receive a magical gift. Allow yourself to dream big, opening the present and enjoying the magnificent gift inside.

Now that the papers lay to the side, hold that gift in your hands or place the gift out in front of you and breathe. See your gift and imagine all of the changes in life that will come as a result of getting this gift. How will you feel? What experience will it bring? Will it bring a sense of freedom? Will it bring the respect of others? Will you be able to help others now that you have received this gift? Will the gift help you be more secure or even be more important? Continue to explore this idea in your mind. Having this gift will allow some of your deepest needs to be met. What are they? Become aware of them. Note the words that come into your mind that describe these needs. Note the feelings you associate with this gift. Now open your eyes. What two or three words come to mind?

Close your eyes again and breathe, noting the feeling of that breath as you relax even further. It is interesting how what we truly value or need is often represented by an object or something tangible. However, with a little reflection we soon discover what is most important is not the gift itself, but what the gift represents. You described what you valued most is _____ and

_____. These core values are your valued directions. All of the suggestions I give you, which are actually suggestions you have asked me to make by coming here today, will help you to move towards these valued directions.

ANCHORING MINDFULNESS MEDITATION

As you continue to relax your body and focus your mind, return your attention to your breath. With mindful intention, note this moment. Note the way the breath feels as you inhale and note the temperature of the air. In this moment, you know that as long as you are breathing, everything is exactly as it should be. To avoid fusion to anxiety or any other self-defeating state or behavior, you can use this simple strategy. You can use this at home, at work, when sitting in traffic, or anywhere you choose.

When you have a feeling like anxiety, fear, or worry, just note it. Say to yourself, “That was an anxious thought,” or “That was a worrisome feeling.” However, instead of attaching it to your life, let it pass as you return your attention to your breath. You don’t have to take action on those feelings. Just let them exist, but stay in the moment by returning to your breath and letting those things stay where they are. By practicing mindfulness each day, this pattern of response will become automatic. Of course, you will discover that you can intuitively and easily master each moment, achieving your highest level of performance.

SKILL-BUILDING AFTER PROGRESSIVE MUSCLE RELAXATION INDUCTION

There are some things you have learned in this time that you can take with you. When I began guiding you though this process, you may recall the process of relaxing the muscles of the body. Although a simple strategy, it is very useful for managing the physical distress of anxiety and fear. Before any stressful encounter, you can actually take a few minutes and note any tension in your body. We often carry stress in our muscles. If we note it and release it, just like you dropped your shoulders and relaxed your jaw, it will not become bigger. You will not feel a sense of agitation or jitteriness before any experience. In fact, try that now. Scan your body and note any tension. Simply label it as tension and let those muscles go. Note your brow and jaw and unclench the teeth, if you note any tension. Let them relax. Focus on your hands and feet, letting them be relaxed and heavy. This process is one you can practice at any time to take away the jitteriness and replace it with calm.

THE MIRACLE QUESTION

The miracle question is a tool from solution-focused brief therapy which can be used to help clients identify the way they would know if they were successful. The process helps to establish goals and preferred outcomes. Furthermore, it creates a way to measure success during the course of hypnotherapy. The client's answer to the miracle question should be noted by the hypnotherapist. In successive sessions, clients who have made progress can compare this to the original answers, ratifying that change has taken place.

The miracle question can simply be asked outright in the hypnosis pre-talk, but can also be used in a formal hypnosis session. A lot of hypnotists are afraid to talk to clients during hypnosis. They fear it will reorient them and bring them out of hypnosis. In reality, having a client open their eyes and interact, or even interact with the eyes closed, creates the sense of fractionation. Often the client will drop into an ever deeper level of hypnosis following this interaction. Here is an example of how I might use the miracle question in a session.

Induction

Deepener

Now that you have created the focused state of hypnosis, it is amazing how clearly you can identify your own resources, needs, and even measure your success. I am going to begin our session by asking you a question that is sometimes called "the miracle question." Imagine that a miracle occurred in the middle of the night that rendered your problem (symptom, emotions, situation, etc.) completely resolved. When you woke up this morning with absolutely no issue in life, how would you know that this miracle had taken place? What would you feel, observe, or be aware of that would let you know that this miracle had occurred? I will give you a few moments to really think about it.

(Pause)

Now open your eyes. Open them wide. Look at me. Tell me, how would you have known if such a miracle had taken place?

(Await an answer)

Perfect.

Close your eyes again and let those eyelids become relaxed, knowing that it is easy to continue breathing, relaxing, and learning. As we continue with our session, the answers you just gave are going to be very important because they will aid us in creating suggestions and measuring success.

RATIONAL EMOTIVE THERAPY IN HYPNOSIS

(Adapted from the practice of RET
by Albert Ellis and Windy Dryden)

RET is used in hypnosis as a direct way to confront irrational beliefs. In RET, the problem is that we feel the way that we think. If we think anxious, we will feel anxious. The following script is adapted from a transcript provided by Albert Ellis. Ellis writes that he provided clients with a ten minute recording of progressive muscle relaxation, followed by ten minutes of RET instruction. This was designed to show the client that they had a few irrational beliefs that were creating a major problem. By disputing these irrational beliefs, they would change their feelings and change self-defeating behaviors. He instructed his clients to listen to it daily, finding that many of them benefitted from the single recorded session. The authoritarian language of this early 1970's script would probably be tempered with different language choices in the current era, but is a good example of direct confrontation as a strategy for changing beliefs.

Adapted Script

You will remember everything I tell you and when we are done with this session, you are going to feel very positive. You will remember and use what you hear. You will use it to put away all of your anxiety and all of your anxiety about your anxiety. Whenever you feel anxious, you will remember what you are being told right now and you're going to fully focus on it and do exactly what we're talking about. You will relax and get rid of your anxiety.

You're not going to get rid of it because you try, but rather because you are replacing the irrational beliefs with rational beliefs. Whenever you get anxious about anything, you're going to realize that the reason you're anxious is because you are saying things like, "I must succeed! I must succeed! I must do this, or I must not do that!" You will clearly see and fully accept that your anxiety comes from your self-statements. It doesn't come from the world outside. It does not come from other people. You make yourself anxious by demanding that something must go well or must not exist. It's your demand that makes you anxious. It's always you and your self-talk. But because you control it, you can change it.

You're going to realize, "I make myself anxious. I don't have to keep making myself anxious. If I give up my demands, my musts, my shoulds, and my thoughts and really accept things as they are, then I won't be anxious. I can always make myself unanxious and less tense by giving up my musts and

relaxing. I can want and wish for things, but not need, insist, or demand them."

You're going to keep telling yourself, "I can ask for things. I can wish. However, I do not need what I want. I never need what I want! There is nothing I must have and nothing I must avoid, including my anxiety. I'd like to get rid of this anxiety. I can get rid of it. I'm going to get rid of it. But if I tell myself, 'I must not be anxious! I must not be anxious! I must be unanxious!' then I'll be anxious."

"Nothing will kill me. Anxiety won't kill me. There are lots of unpleasant things in the world that I don't like, but I can stand them. I don't have to get rid of them. If I'm anxious, I am anxious and it is too damn bad! I control my emotional destiny as long as I don't feel that I have to do anything or that I have to succeed at anything."

AFFIRMATIONS TO THE DEPRESSING TRIANGLE: WEIGHT LOSS

The depressing triangle involves a pattern of self-defeating beliefs where the client first devalues a situation, themselves, and then the future. This ever-expanding triad of depression leads to hopelessness, despair, and eventually death, often through self-defeating patterns and behaviors. This script is based in Mindfulness-Based Cognitive Therapy.

As you relax in the safe place of this office, pay attention to the feeling of depression you have often felt. However, this time pay attention to it in a mindful way. See that the depression you feel is just depression. Intentionally choose not to attach meaning to it, but simply acknowledge it. It is just depression, a feeling you are familiar with. In the safety of this office, you are just noting it and looking at it. Anytime you catch yourself saying, “This is why I am depressed” or “That means I should do this or that,” return your focus to that of an observer. Just look at, feel, or even listen to the voice of that depression, without judgment.

Often, depression develops because we find ourselves in a situation that we have labeled as depressing. For example, you recently (insert your client’s behavior here, these are just examples) promised yourself that you would not eat sweets, but found yourself eating dessert every night for several days. In a situation like this, it may be a habit to say to yourself, “I can’t help myself. I will always fail at my goal.” Surely, you have been telling yourself statements like this, which devalues your situation. Have you ever noticed that when these thoughts are left unchecked, they naturally give birth to a new thought that devalues the self? Statements like “I will always be fat” or “I am ugly,” become the start to this unhealthy thinking? Again, you have certainly found this pattern leading you to believe and say to yourself, “I will always be alone” or “I am unlovable.”

In this time of hypnosis, you can become an outside observer, even imagining floating outside of yourself to a new vantage point. The real you is able to look at the first you and see that this process is a pattern of feeling and thinking. Do you see how thoughts give way to more thoughts? Can you see that this process, if left unchallenged, brings more thoughts? It is almost like a waterfall, where more water simply follows the previous water and seems to have more power and pain with each rush of the stream. As an outside observer, rather than being one who is under this waterfall, you can see the source of the water. The source is a stream or river at the top of the waterfall that feeds these thoughts, one upon another.

The way to turn off the water is to change your self-talk, challenging these automatic thoughts. You have already learned the process of mindfulness. By practicing mindfulness you can take a break from feeling like you are in the waterfall and become an observer. By floating outside of yourself and seeing the first you under that waterfall, you gain a new vantage point and can counter these cognitive errors with the truth. The truth may be painful, but pain is far different than suffering. Pain is merely a signal or an observation, rather than suffering which is the judgment we create out of our pain. It is also entirely possible that from this new vantage point, you will notice the presence of more than pain, such as the feeling of comfort, safety, or even security.

Look at the facts of the current situation, telling yourself the truth:

Situation: "I find sweets tempting and sometimes make unhealthy choices. However, I know I still have my choices."

Self: "I am not my weight. I am more than a number"

Future: "Even though I may not make progress as quickly as I expect, I learn from my experiences."

ACCEPTANCE AS A TOOL IN ACT THERAPY

As you relax, I am going to guide you through a process of understanding and experiencing acceptance. Imagine you are in a large conference room with chairs surrounding a large table. You are sitting in the executive chair at the end and all of the other chairs remain unoccupied. Alone in the room, you notice a large box that sits in the middle of the table.

Acceptance does not mean you like something. Nor does it mean you wish it would happen again or happen to others. Acceptance simply means a willingness to see that which has occupied your thoughts, feelings, or concerns, and to acknowledge the role these things have played in your life. The box on the table holds all of those things that you have not wanted to look at. Perhaps you have not wanted to see these things because of pain, fear, or for some other reason. However, in this office you are safe and you have come here to move forward. In the safety of this office is your opportunity to begin unpacking these things and placing them on the table. One by one, unpack those items from the box, looking at them. Without judgment or attachment, place them on the table. See yourself taking each item out and simply placing them on the table.

When the box is unpacked, look at all of those items. Rather than sitting again, simply stand at the end of the table. Take as much time as needed to simply see them out on the table. You are safe and you are the only person in the room observing the table. When you have looked long enough at all of the items on the table, imagine that you approach the doorway, leaving those items exposed. Turn out the light. Walk through the door, closing it behind you.

Those things, feelings, and experiences are neither hidden nor neglected. As you walk out the door and into the light of this new chapter of life, recognize they were there. By living fully in the present, you have developed a sense of acceptance, simply seeing life as it is and practicing the new art of living in the moment.

THE WILLINGNESS DIAL

Do you remember the Chinese finger trap toy? It was a toy made out of straw that was shaped into a tube. When you put the index finger of each hand into the ends, it constricted in such a way that trying to pull them out created a virtual "finger cuff". Of course, the way to finally free the fingers was to stop resisting the trap. It seems counter-intuitive, to say the least.

Years ago, there was a song by a man named John Fisher and the lyrics said, "Loosing is winning when it turns you around, it all looks clearer with your feet on the ground. You walk out a winner." One of the great paradoxes of the mind is that the more we struggle to solve a problem, the more constricting it becomes. True freedom often comes from submission.

This brings up the subject of willingness. You must ask yourself, "How willing am I to stop resisting these struggles?" Willingness to change and commit to a valued direction is where you are now. Of course, by being willing to stop the struggle, it does not mean you will lose. To the contrary, it means you will give up the suffering. That is what brings freedom.

How willing are you to give up control of your internal thoughts and feelings? How willing are you to just let fear be fear and sadness be sadness, without struggling to stop it, control it, or direct it? Imagine a dial with number one being on the low end and one hundred being on the high end. To what degree, essentially at what number, are you willing to give up control? If you choose a low number, are you holding the idea that a low number means you will experience much less pain? Of course, that is not what your experience has taught you. If that were true and resistance and thought suppression was effective, you would not be here. Consider your score and your willingness to increase your number. If you do, you will find that through acceptance of pain, suffering can be ameliorated.

COGNITIVE DIFFUSION

Good hypnosis is about teaching the client skills. The skill of cognitive diffusion is an important skill to help provide space between a thought or a feeling and the client. This script uses both didactic learning and experiential processes.

When we look at something across the room, there is space between us and the object. Therefore, it is easy to see the object from a number of different perspectives, simultaneously. That is not a luxury we have with thoughts and feelings, which are often right on top of us. For example, let's say a newspaper lies on the table across the room from us. We can see the headline. We can tell if a section is missing and we can see if it is a full-size daily paper or a smaller weekly rag. However, if that newspaper was sitting on your head, you would be able to feel it, but not see it in its entirety. It is just too close.

I am going to teach you two techniques that you can practice when you find your thoughts or feelings are distressing. During this time, I will teach you each technique and I will also give you time to practice them. Of course, you can practice these things with or without formal hypnosis. They are actually skills for you to develop and learn to use intuitively and automatically.

The first idea is to remove the power of a thought or emotion, by slowing it down. You have said you feel like you're not a worthwhile person. Usually when you say that to yourself, you just hear that voice in your mind, maybe even screaming or shouting it. But now you are going to practice changing the voice of those self-defeating errors and put some space between you and the thought. Either out loud or in your own mind say, "You are not a worthwhile person," but this time, say it softly and slowly. Say it in a way you would not normally hear it. Did you notice that you responded to that familiar self-talk a little bit differently? Try it again, this time even slower. " I am not a worthwhile person." Say it again, even slower. Say it so slow that it almost doesn't make sense.

Now ask yourself, "When I think this thought, is my experience of this thought different now than it has been in the past?" Of course it is, because you have created some space between yourself and the thought. As a result, you will no longer respond automatically with impulsive choices. Instead, you can respond to these thoughts by slowing them down and changing the experience of them.

Another idea is to imagine your negative thoughts are being broadcast from the "Negative News Channel" in your mind. It's okay to have a little fun with this, even smiling as you learn to hear your negative self-talk through the Negative News Channel! Go ahead and start thinking of what the Negative News

Channel might broadcast. It might say something like, “This is NNC, the Negative News Channel, broadcasting 24/7 and 365 days a year. Today I am fat, I am ugly, and I am a bad person.” Go ahead, identify some of your own negative thoughts and hear them through the voice of the NNC. “I am stuck in this situation. I am never doing anything right and I am going to screw up the future.” Go ahead and hear it again, even in a radio announcer’s voice. Listen to the bad news radio.

It sounds absurd, doesn’t it? You see, in the past you automatically bought into the thoughts that you created, but by creating the absurd NNC, you have heard those thoughts played back through another person’s voice. This enables you to recognize that those thoughts are just thoughts. They are about as meaningless to you as the real nightly news.

LEAVES ON A STREAM EXERCISE

This is a great training meditation for those who are obsessive or enmeshed with thoughts. The idea in this exercise is to practice seeing thoughts as thoughts, without getting hung up on them and following them down an arbitrary thought process. The internet is a good example of how our minds work. It is amazing how I rarely hear anyone making this correlation. For example, we might intend to check our email, specifically looking for some pictures from our mom. However, when we check our email, we see a notification from Facebook. We log into Facebook for just a moment to read the reply, but our news stream takes us to a status update with a link to a news article. We read the article and then click a link at the bottom, taking us to another article that catches our attention. Twenty minutes later, we remember that while we are supposed to be checking for a picture from our mother, we are now on that weird side of the internet, watching rhinos poop in zoo videos. And while this may seem funny, our minds work virtually the same way. Each thought creates an awareness of another thought. Without the practice of letting a thought just be a thought, we often follow each of those thoughts, becoming distracted, enmeshed with, or even catastrophizing them. The practice of "leaves on stream" can help us avoid being carried away by a thought and create space between us and our thoughts.

Imagine you are viewing your thoughts like leaves floating down a stream. As the stream floats lazily and leisurely towards the distance, imagine a vantage point that will just let you observe. Notice that as the leaves fall into the stream and land on the water, they are carried down the stream by the current. New winds cause new leaves to fall. As they fall, watch them as they float down the stream.

Your thoughts are a lot like leaves that fall into a stream. Especially during autumn, there seems to be an endless supply of leaves. However, leaves just float and move on. Imagine your thoughts like this. Each new thought is a new leaf entering the stream of thought. Follow each thought as it floats through the mind and then notice the next new thought. Notice each thing you are thinking as it comes, without becoming enmeshed in it or trapped by the thought. Anytime you notice you are drifting in thought or following a made-up line of thinking, return your mind to that thought. It is, after all, only a thought. Simply follow it and observe thoughts, rather than analyzing or speculating.

I will give you three minutes of silence to practice this exercise…

** With new clients, I often start them out with one minute and then work up to two, three, and then five. The daily practice of this meditation can help a*

person who gets obsessive or enmeshed with thoughts.

PROCRASTINATION

This script is written in a different style than the others contained within this book. It is designed to build momentum in the mind of the client by being structured in a flowing manner. Elements of confusion have also been added.

Induction: Progressive Muscle Relaxation with Mindfulness

You find yourself standing at the top of a flight of stairs. As you look behind yourself, you notice there is a mirror. In the mirror, you can see the part of yourself that procrastinates. You can leave that part behind for a while, so it can watch as you learn. You also notice that the top step has a white line on it, just like the starting line of a race. As you cross that starting line, you begin to leave your unwanted behaviors behind. Each and every time you place your hand on the rail and descend further, you can feel less and less tied to the part of you that procrastinates. As you arrive at the bottom of the stairs, more and more deeply relaxed, you find it easier to choose to put off procrastination to a later time and date.

Life is often like a race that people choose to run. We can decide to practice because sooner or later, the enjoyable feeling of picking up momentum and speed arrives. At first, you might start out slowly. However, the more you practice, the faster and easier it becomes to complete all of the necessary steps along the way. As you practice for the race, you choose to gain speed at just the time that is right for you. Perhaps you make a mental note of this right time. You gain competence and speed, until you arrive at the big day of the race, ready to go.

At just the time that is right for you, perhaps you can make a mental note of the goals you achieve, the projects you complete, the appointments you easily keep, and the time lines you choose to surpass with success, comfort, and ease. You continue to choose to put off that procrastination to a later time and date. Note the feelings you have, the pictures in your mind, or the words you say to yourself. Hear yourself as you write this note in your mind. Hear yourself now, moving towards the process of doing and achieving your goals, your projects, and your appointments. Hear the delayed procrastination.

Each and every time you look into a mirror, more and more, each and every day, you note that you can imagine seeing these things ahead. You can see the part of you that schedules yourself with plenty of advanced notice and feel your completely successful end point as you arrive on time. You can see yourself allowing to put off putting off, even sooner.

Deepener

As you run down the clock…
Ten…
Nine, deeper into the time and space of your mind…
Eight…
Seven, closer and closer to your destination of even deeper relaxation…
Six…
Five…
Four…
Three, more and more deeply relaxed, calm, and confident…
Two…
One, as you approach the beginning of the end…
Zero…

That's right. Let yourself become more deeply relaxed than ever before. As you see, hear, and feel the joy of completion, double the exhilaration of reaching the end. You choose to jump on the finish line of the race, as you reach your ultimate goal. That's right. You are completely and deeply relaxed more than ever before as you see, hear, and feel the joy of doing and moving towards completion. Double the exhilaration of doing and double the exhilaration of reaching the end.

As you choose to jump on the finish line of the race, just in time or earlier, you win. You will note the big smile on your face from the satisfaction you feel. You can hear yourself shout, "I did it!" You can hear the congratulations you give yourself for a race well run. I wonder if you can tell the difference now, or next time? You admire your own strengths as you reach the finish line on time or before, from all of your practice, doing, and competency that you chose to create from your inner resources. These are resources that you already knew you had inside, waiting to speed you along to run your chosen race, but not finishing too soon. You choose to complete, so much more easily. All the while, you feel so much more at ease and comfortable as you choose to arrive, with time to spare. Because, maybe you can forget to remember or remember to forget how to be late or put things off to the last moment.

You know, more and more, each and every time you begin preparing yourself, you can tap into this feeling of complete accomplishment. You tap into your inner success with each and every breath you take. You notice the increasing ease and confidence with each finger you tap, as you move along well. You breathe and feel you can tap into your readiness to begin a new race in life, each time.

With each pen or pencil that you tap or touch, you can easily choose to see the finish line, even more approachable with each breath. Arriving in this time

makes this more and more real to you, as you hear your approach. It is as if your feet are hitting the ground, picking up more and more speed. The quicker you go, the more and more easily this becomes your choice. This feeling of winning your personal race is liberating. Perhaps you even notice that you are able to choose quickly, easily, and successfully, to flick off putting off, just like flicking off beads of sweat as you run your race.

You can complete so much more, making excellent time and moving forward to continue on to the finish line. You choose to continue putting off putting off, until you jump on the finish line. You are once again on time and you tap it with your hand. You realize that your other hand has already crossed and met your goal earlier. You suddenly note that it is as easy as changing from your slippers, to your dress shoes, to your work shoes, to your running shoes, and to your tap shoes. Because, you know this is an important choice between you and your own inner self, isn't it?

As you complete the doing and the finishing of the race, you are ready to reunite with the procrastination part of yourself that you left behind in the mirror. You now know that the other part of you can relax and allow you to work when you want to work. In fact, that part of you can procrastinate procrastinating and allow the running, the tapping, the doing, and the completion to happen. Procrastination can procrastinate later, when it forgets to remember or remembers to forget.

PORN ADDICTION

Does hypnosis work for porn addiction? The short answer is yes, because hypnosis is perhaps one of the greatest tools for altering our perceptions, experiences, and for breaking self-defeating associations.

While pop psychology and even the medical establishment wants to use the term “porn addiction”, what we are really dealing with is far more important than any repetitive behavior. What we call porn addiction is not the result of overusing our quota of enticing images. The problem is that by repetitively using porn, one escalates the expectation of both physical and emotional response, chasing the perceived satisfaction each experience will bring. In other words, those labeled as porn addicts really are living in a state of perpetual anxiety. Porn is used as a quick way of releasing anxiety. However, at the same time it creates more. It is really no different than a person who always worries about tomorrow and works themselves into an emotional frenzy over “what if.”

Good hypnosis teaches mindfulness, which is the ability to live in the present. This detaches us from the chase and the underlying anxiety or obsessive thoughts. Sexual response produces powerful responses in the brain, flooding the mind and body with instant change. The resulting feeling may even be more distressing than the original cues to seek release. Perhaps the resulting feelings may be shame, guilt, or remorse. But even with these negative responses, the behavior produced an instant change. This instant state change is what the porn addict is often seeking through these self-defeating behaviors.

The reason people become addicted to porn is really that they lack alternative ways of producing fast state change. Hypnosis is an effective strategy for developing this kind of change. I once heard an old radio minister distill the problem of porn addiction to one simplistic phrase. He said that “What the mind attends to, it considers. What it considers, it eventually acts upon.” I have thought about this ever since I heard it. Obsessive thoughts play a big role in what is called porn addiction and hypnosis is a fantastic tool for altering “what the mind attends to.”

In metaphysics, the entire premise of “the secret” is that we create what we think. A person who has directed their attention towards porn will no doubt manifest this by seeking porn. One of the basic principles of effective hypnosis is that it can help us choose where we are placing our conscious thoughts, thereby decreasing obsession and providing tools for redirection when we note distressing thoughts or temptations. Hypnosis is an effective tool, but not because it controls a person. After all, that is what the obsessive thoughts of porn

are doing. Rather, it is a tremendous tool precisely because the opposite is true. It provides relief from anxiety, stress, and obsession, while training a person to direct attention to something positive.

Induction

Deepener

It often happens that during the day, both in my home and in my office, I notice things that I need. For example, the other day I noticed that my office was out of paper cups. I thought to myself, “The next time I am at the store, I will buy some paper cups.” While at home later that afternoon, I noticed that I needed lemons for my tea. I always have lemon with my tea. I noted, “When I am at the store, I will buy some lemons.” Over then next day or two, I mentally compiled a list of items I needed from the store. All of these things were important and necessary to me. Even though I often put off going to the store, I finally went because I wanted to get everything that was important to me. As soon as I walked in the door, I saw a sale in produce on my favorite breakfast fruits and I bought some. As I walked in and out of the aisles, I found many things I needed for the home, but I was really excited about the delicious fruits I first picked up. After I checked out, I realized I forgot to buy lemons. I went back into the store to buy some, after putting groceries in my car. When I drove home and unpacked all of the items, I felt happy with the many things I had purchased. Of course the next day, when I went to the office, I remembered I never bought the paper cups I needed. Later that evening when I returned home, I remembered that I forgot to buy paper towels.

Have you ever had an experience like this, where you thought of something important but found later you did not remember to get it? Of course you have. It happens to all of us. What this shows us is that even when something catches our attention, even something important, we can forget to remember it later.

It may seem that you never forget porn. Yet it is true that sometimes you are thinking of something else. Even if those moments are few and far between, there are times when you forget to remember porn, just like I forgot cups for my office. Of course, I really didn’t forget the cups. After all, I remembered I forgot when I returned to my office the next day. The reality is that for a moment I just didn’t pay attention to them. I was paying attention to the fresh fruit that was in season and to the wheels of the shopping cart, which didn’t seem to go in a straight line.

During our time today, I am not going to tell you to forget porn or convince you to stop thinking about it. Rather, I am going to teach you some skills of redirecting your attention to other things in your world, like the wheels on a shopping cart or something else that captures your attention.

Let’s practice. Right now we are both just sitting here and breathing. Do you notice your breath? Do you notice the way the air feels when you inhale and the way it feels when you exhale? Most of the time, we never pay attention to our breath, but right now and right here, you can pay attention to that breath. By doing so, you focus not on regrets of the past or anxieties over the future, but just on this moment and this breath. Pay attention again to the breath. You don’t have to try to speed it up or slow it down. Just observe it, feel it, and note the breath. The act of paying deliberate attention to this moment is called mindfulness. Now I am going to be silent for about thirty seconds. While I am silent, continue to focus all of your attention on your breath, paying attention to each one.

(30 seconds pause)

As I was silent, did you notice that as you paid attention to the breath, you also started to think? Perhaps you were thinking about this process, perhaps about my voice, or perhaps you were even thinking about porn? Our minds are always thinking and it is easy to drift in our thoughts. And because our minds drift to those things that capture our attention and we follow those thoughts, this is why we forget those things that are important to us at the store.

This mental drifting and following thoughts is a natural process, but it is one we can modify by creating a focal point. In this case, we use the breath as a focal point. I never ask anyone to stop thinking, but instead to simply chose where to place attention. I want you to pay attention to the breath.

I am going to be silent again, this time for forty-five seconds. Anytime you notice your mind wandering or even thinking of porn, do not be harsh with yourself. Do not say, “That is a bad thought.” Instead, recognize that you have begun to follow a thought and return your thought to the breath. Breathe in and exhale, using this as a focal point to direct your immediate attention.

(Forty-five seconds of silence)

Of course, some people find this exercise easy and others find it more difficult. However, I am going to give you a homework assignment to practice developing mindfulness to the breath by listening to a short CD, each day. In doing so, just like a musician who practices his music and is ready for the performance, you will learn to intuitively be mindful. You will find that in any situation where automatic, obsessive, or other distressing thoughts arise, you can choose where to direct your thoughts.

Transitional Deepener: Elicit Core Value

What is really most important to you? You are calm and relaxed, centered and focused, and if you could, please identify one aspect of your personality that you really admire. What is that?

(Wait for answer)

You are kind (This is only an example. The client will supply the aspect of their personality that they admire.), and that is a great quality to have. After all, kindness is a virtue that most aspire to and you already possess that. Just as you can pay attention to your breath, you can pay attention to this aspect of your personality. You probably find many ways to criticize yourself because you have spent time looking at porn, but this aspect of kindness that you possess has always been there, even when doing things that caused you distress. Take a moment to really note, just like you noted the breath, this aspect of who you are. Feel the kindness, hear yourself saying kind words, or even see yourself as an outside observer, noting the kindness within you.

It is easy to be forgiving of yourself, even if in the past you have not lived to your own expectations, because within you has always been a core of kindness. This awareness is as important to focus on as any other feeling you have about yourself.

Transitional Deepener: Direct Suggestion

Now I am going to give you some direct suggestions. These are not things that come from me, but things that you have asked me to suggest by coming here today. In fact, these all come from within you and so we know that when our session is over and you step over the threshold of the office door, you will be entering into a new chapter of life. It will be a chapter of life where you choose to direct your thoughts. You can easily returning to the simplicity of the breath or thoughts of your kind nature whenever you note the thoughts that you used to follow such as porn, stress, or regret.

At the end of our session, I am going to give you a CD to listen to that will help you practice mindful attention to that which is important to you. Because you took the time to come here today, it is obvious that this change is important to you. Therefore, you will find it easy to listen to this CD and practice the principle of mindfulness, twice a day for twenty-one days.

You will also note that anytime your thoughts drift to porn or anything that becomes your center of attention, you can non-judgmentally return to the moment and to what is most important. That is the breath that sustains our life.

You can congratulate yourself. It was a bold decision to come here today and to honestly address these things. You will find that by having done so, you will remember to forget to view porn or even find yourself forgetting to remember to look at porn.

Anytime you find yourself anxious, frustrated, and craving porn, take a moment to bring yourself back to this state of calm, resolve, and change where you have been kind to yourself. Sit in a chair, close your eyes, and just focus on the breath or on kindness. Bring yourself back to this state that you have created,

right here and right now. You will note that by doing this, a craving for porn simply evaporates as you recognize your ability to choose where you direct your attention.

Awakening

AFTERWORD

It is my hope that this book and its contents will be used with clients, and adapted by you to meet their specific needs. There are many additional resources for training and learning that we provide. You may view our website for a complete list of ICBCH Approved Hypnosis Training Programs.

At SubliminalScience.com we offer additional courses, textbooks on a variety of subjects. You can learn in-depth protocols for medical hypnotherapy, weight loss hypnosis, sports performance hypnosis or any number of other subjects.

Also, please take a moment to join our Facebook group. We have made this group easy to find by simply visiting:
www.ICBCHGroup.com

Richard Nongard

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